WOMAN'S CLUB

COOK BOOK

—OF—

SOUTHERN RECIPES

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O thou that heavest when summers cry

WOMAN'S CLUB

COOK BOOK

—OF—

SOUTHERN RECIPES

COMPILED BY MEMBERS OF

The Woman's Club

—OF—

Charlotte, North Carolina

Look away, look

"Way Down South in the Land of Cotton."

1908

PRESSES OF
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CHARLOTTE, N. C.

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INTRODUCTION

In preparing the following pages for publication, it has been our object to present a collection of Southern Recipes. We feel we are filling a long-felt want in compiling under one cover, formulas for dishes that have made Southern cooking as famous as Southern hospitality. Many of these methods of preparing food are known only to Southern cooks, and the various dishes can be found only on the tables of Southerners, or those who have once lived South and who have adopted the Southern way of cooking.

We do not claim originality for all of these recipes; they have been collected from far and near. We cannot give credit to the authors, as the majority of these recipes are of unknown origin, having been handed down from generation to generation. We would like to show our appreciation, but can better express our position by telling this little story, which comes from the South:

The first slice of goose had been cut, and the negro minister who had been invited to dine looked at it with as keen anticipation as was displayed in the faces around him.

"Dat's as fine a goose as I ever saw, Brudder Williams," he said to his host. "Where did you get such a fine one?"

"Well, now, Mistah Rawley," said the carver of the goose, with a sudden access of dignity, "when you preach a special good sermon, I never axes you where you got it. Seems to me dat's a trivial matter, anyway."

GIFT, MORTON NEAL
NCC
NcU

APPETIZERS

"Whatever pleases the palate nourishes."

FILETS D'ANCHOIS AUX CAPRES.

Fry some rounds of white bread in clarified butter until they are a nice golden brown. Take about six anchovies, free them from oil and pound them in a mortar with a small piece of butter and a tablespoonful of cream. When the consistency of a thick paste, add a few drops of tabasco and spread on the fried rounds. Curl a fillet of anchovy on each and fill the centre with chopped capers, then grate a little hard boiled yolk of egg over all and serve garnished with a couple of stoned olives and a spray of parsley.

BACON TOAST.

Cut some choice bacon into thin slices, cover it with cold water, heat to boiling, boil up well and drain, then fry until crisp and a delicate brown. Have ready small oblong pieces of either white or Graham bread freshly toasted and buttered. Cover each piece of toast with a piece of the hot bacon and serve at once with a small pickle or an olive as a dainty appetizer.

ELSIE RELISH.

1 box gelatine, 1 can tomatoes, salt and sugar, 2 teaspoonfuls each; celery seed and made mustard, each 1 teaspoonful; 1 saltspoonful red pepper, 1 dozen English walnuts, 1 apple, 8 stalks celery, 1 onion, crisp lettuce.

Soak one package gelatine in one pint cold water for half an hour, strain the seeds from 1 can tomatoes, rub through a sieve and heat to boiling point. Add salt, sugar, celery seed, made mustard and red pepper. Pour the liquid boiling hot over the dissolved gelatine, stirring until well mixed. Chop separately or cut into small pieces, the walnuts, apple, celery and onion. Add to the tomatoes,

mix well and pour into small custard or egg cup to harden. When ready to serve remove from cups and arrange in a nest of crisp lettuce leaves. Suitable as an appetizer before the soup course.

SALTED NUTS.

Shell and blanch by pouring boiling water over nuts. Put on shallow tin plates, only enough to cover the bottom of each plate. Add 1 teaspoon butter to each plate. Stand in a moderate oven until a golden brown. Stir occasionally. Take from oven, dredge in fine salt and put away to cool.

SALTED ALMONDS.

Blanch 1 lb. almonds. Dry well with soft cloth. Put in biscuit pan, with 1 teaspoonful of olive oil, or butter, and ½ teaspoonful of salt. Cook inside the oven until a light brown, shaking constantly.

SALTED CHESTNUTS.

Cut off the shells with a sharp penknife; then blanch by pouring boiling water over them; let them stand a few moments, then rub off the inner skin; dry in the sun or a cool oven; when quite dry, pour over them melted butter or olive oil, allowing a teaspoonful to each cupful; let them stand in this for half an hour; then sprinkle with salt, toss well, so as to distribute it evenly; place them in a biscuit tin and set in the oven from ten to fifteen minutes, until a golden brown; stir frequently while they are crisping.

COCKTAIL DRESSING.

One tablespoon grated horse-radish, one of vinegar, two of lemon juice, ½ teaspoon tobasco sauce, 1 teaspoon of tomato catsup, 1 of Worstershire sauce, ½ teaspoon of salt. Mix and put on ice till needed.

BEVERAGES

"Then fill the bowl—away with gloom;
Our joys shall always last;
For hope will brighten days to come,
And memory gild the past."

Tea-making is quite a simple process, yet there are many homes where tea, in the infusion, loses most of its desirable qualities and develops disagreeable ones that might easily have been left dormant. To make tea properly, certain steps are essential. First and foremost, one should have the right sort of tea. Secondly, the water should be freshly drawn and boiling furiously. For each cup of tea a level teaspoonful of the leaves should be placed in an earthenware pot, which has been previously scalded and dried, and this "furiously boiling" water poured upon them. After the leaves have steeped from five to seven minutes, according to variety—the India and Ceylon for the lesser, and the China, Japan and Formosa for the greater interval—the liquor should be poured off into another hot vessel to get the best of the tea. It will then be as fit to drink hours afterward as when first made. The theine and other desirable constituents are extracted within the time mentioned; but the tannin, which is the astringent, acrid tasting component, yields itself less readily. The ignorant belief that it takes long steeping to get the dietetic value of the leaf, and that the teapot can with impunity be left "on the hob" all day, is what really injures tea's fair fame; for the tannin and the resin, the sole deleterious properties of the leaf, are so obtained and so only. The evil of excessive tea-drinking is leaving the tea to stew instead of using the fresh infusion.

In Russia, a tea-drinking country, a small quantity of boiling water is poured upon the given allowance of tea and steeped for four or five minutes. The concentrated liquor is then drained off into another pot. A small por-

tion of this strong brew is poured into cups or heated glasses, and then diluted with boiling water according to individual taste. In China, in Japan, and in other eastern lands, where tea is consumed all day long, it is never made as strong as here, nor are the leaves steeped for so long a period.

In this country and in England the wrong and extravagant method holds of keeping the teapot "going" all day long, alternately adding fresh water and a new handful of leaves to the accumulation already in the pot. Such overdrawing is pernicious in the extreme. It is expensive and wasteful, and it succeeds admirably in releasing every dangerous quality that lies within the leaf, and completely destroying every good one.

BLACK TEA.

2 teaspoons tea, 1 quart boiling water. Let stand 5 minutes. Strain into a hot china teapot and serve.

GREEN TEA.

3 heaping teaspoons tea, 1 quart boiling water. Pour water over tea and let stand 10 minutes, drain off grounds and serve. Rinse teapot with hot water before putting in the tea.

ICED RUSSIAN TEA.

4 teaspoons tea, 4 cups boiling water; strain off leaves, 4 slices lemon, 4 glasses filled with cracked ice, 4 lumps of sugar. Place slice of lemon and 1 lump of sugar in each glass with ice. Pour over it the cold tea.

AFTERNOON TEA.

To one quart of hot tea add the juice of one orange, juice of ½ lemon and pour into cups with 2 cloves in each.

MORGAN MARASCHINO TEA

Brew any good tea in the usual way and serve in the daintiest of white china cups. Into each cup drop one or two Maraschino cherries and sweeten with rock candy crystals.

ORIGIN OF COFFEE.

The origin of coffee is lost in the mists of antiquity. The plant is believed to be a native of Abyssinia, and to

have been carried thence into Arabia, early in the fifteenth century. The Meccan pilgrims soon made the delicious beverage known to every part of the great Mohammedan world.

Famous old Burton, in his curious "Anatomy of Melancholy," refers to the new drink thus: "Turks have a drink called coffee, so named from a berry black as soot and as bitter, which they sip up hot, because they find it helpeth digestion and promoteth alacrity."

The coffee plant yields a bean whose woody fibre contains certain soluble ingredients that furnish nourishment to the body, and others that stimulate and invigorate it.

Mis-use of coffee, as of everything else, occurs whenever its good qualities are spoiled or perverted into bad ones through ignorance or neglect. Good coffee is easily spoiled. Left in an open or a loosely covered receptacle, it absorbs dust and dampness, and will quickly gather to itself the peculiar odors of strenuous neighbors, such as soap, kerosene, smoked fish and meats, etc. Further it, may be, and too often is, spoiled in its preparation for the table, and again, by lack of care during the delay incident to serving. The perversion of its good qualities into bad ones occurs mainly when coffee, like tobacco and alcoholic products, is consumed in inordinate quantity, at the wrong times, and under wrong conditions. This constitutes mis-use, and the ill results which ensue should not be unjustly attributed to the mis-used, especially when the latter is coffee, in itself one of God's best gifts to mankind.

COFFEE

½ pint of coffee, 1 egg, 2 quarts boiling water. Break egg into coffee, add enough cold water to moisten, stir, and add the boiling water; boil two minutes and let stand 10 minutes, then drain off grounds and serve. This makes 12 cups. To warm over, place over steam, do not boil.

TURKISH COFFEE.

To ½ gallon of strong coffee, add ½ pint of sugar while hot. Let it get thoroughly chilled. Serve in tall glasses with a teaspoon of vanilla ice cream on top.

ICED COFFEE.

Iced Coffee with lemon is quite as delicious as iced tea with lemon. It is prepared in just the same way, only the coffee must be reduced to half its usual strength in order to make it blend well with the acid of the lemon.

VANILLA CHOCOLATE WITH WHIPPED CREAM.

½ lb. sweet vanilla chocolate, 4 cups boiling water, 4 cups hot milk, pinch of salt. Put the chocolate, boiling water and salt in the upper part of a double boiler. Stir and beat with a wooden spoon until the chocolate is dissolved and smooth. Add the milk, and when thoroughly hot, strain and serve with unsweetened whipped cream.

CHEROKEE ICED CHOCOLATE.

Make the chocolate in the usual way, and when quite cold, flavor to taste with extract of vanilla. Serve in chocolate cups. First put into the cup a tablesponful of cracked ice, then two of the chocolate syrup and finish off with a garnish of whipped cream.

Iced coffee may be served in the same way, and tastes very much like coffee ice-cream.

HOT CHOCOLATE SAUCE OR SYRUP.

1 cup boiling water, pinch salt, 1 square of chocolate, ½ cup of sugar. Cook together slowly until it is the consistency of maple syrup, or thicker if desired. Just before serving add one teaspoon of vanilla. This will keep indefinitely and can be reheated.

CHOCCOLOCCO ICED CHOCOLATE.

2 or 3 tablespoons of cold chocolate syrup in a glass; a little cracked ice, or spoonful of ice cream, fill with water, (half milk improves it).

MONTGOMERY MILK SHAKE.

2 or 3 tablespoons of cold chocolate syrup, cracked ice, fill with rich milk and shake in a shaker.

MOBILE PUNCH.

Same as milk shake, only add liquor to taste.

MERIDIAN CHOCOLATE SODA.

Make a simple syrup by taking 1 cup of granulated sugar and ½ cup water and heat to boiling point. Put from 1 to 2 tablespoons of this simple syrup in a glass and same of chocolate syrup (spoonful of ice-cream if desired) and fill from syphon plain soda.

AIKEN EGGNOGG.

To make 6 tumblers, use 6 eggs, whites and yolks beaten separately, 1 pint sweet milk, 6 teaspoonsful (level) of granulated sugar, 12 tablespoonsful brandy or whiskey. Grated nutmeg. Beat the yolks well, then add gradually, the sugar until it is creamy. Pour in milk slowly, beating all the time, next the brandy and lastly the well-beaten whites. Fill the tumblers. grate a little nutmeg on top and serve at once. If richer eggnogg is desired add a cupful of cream to the milk. More or less brandy may be used according to taste. A fork or wire whip should be used instead of an egg-beater.

GENERAL HARRISON'S EGGNOGG.

Put into a tumbler 1½ teaspoons sugar, 1 fresh egg, 2 or 3 small lumps of ice and fill with cider. Shake thoroughly.

FRUIT PUNCH.

With a syrup, bottled for use, and the various fruit juices the seasons offer, it is not difficult to mix a punch or lemonade with variations, both cooling and delicious, without recourse to liquors or wines. Syrup is essential as a time-saver at least. No punch should be served "raw" as the sugar and fruits do not blend and a crude flavor is the result. If time is allowed good flavor may be obtained by mixing and allowing the two to stand together over night. Many think this the more desirable method. A short cut to its good results will be found, however, in the use of a syrup. In both cases the sugar is chemically changed and takes on a new flavor. Make the syrup by boiling in the proportion of four cups of sugar to four cups of water, for ten minutes. Strain and seal in preserve jars. It is well to make eight cups at a time and if

kept in a cool, dark place it need not spoil. Should a thin film of mold growth be noticed, heat and strain through cheesecloth, then bottle as before.

In changing a punch recipe to meet the supplies at hand, replace an acid fruit with an acid fruit. Lime juice can be used instead of lemon, as may orange juice with the addition of one teaspoon of cider vinegar. With all the neutral fruits, strawberries, raspberries or pineapple, a small amount of vinegar accents their flavor without adding its own. Plenty of crushed ice, not of the pond variety, is an advantage, though satisfactory results may be obtained through a lengthened stay in the ice box.

FRUIT PUNCH 1.

Boil together for ten minutes one pint of sugar and three cupfuls of water. Mash one quart of hulled strawberries, pour over them the hot syrup and let stand until cool, then strain. Add one cupful of the syrup from a can of pineapple and one quart of ice water. Serve in a punch bowl, dropping in a number of perfect berries and some of the diced pineapple.

FRUIT PUNCH 2.

Peel, eye and chop fine a ripe pineapple. Pour over it one pint of boiling water and let stand until cold, then strain, pressing to extract as much liquid as possible. Add one cupful of raspberry or cherry juice, the juice of two lemons and the syrup made by a boiling pint of sugar with three cupfuls of water. Before serving, add a bottle of Apollinaris.

FRUIT PUNCH 3.

Reserve one cup of whole berries from one box of strawberries. Crush the remainder, add one and one-half cups of sugar and let them stand several hours. Strain, add the juice of one orange and four lemons with more sugar syrup if required. For serving, dilute with three pints of cold water and add one pint of Apollinaris, with the whole berries.

CHADBOURN STRAWBERRY PUNCH.

Pick over, hull and wash two quarts of ripe berries. Add to them the juice of two lemons and a quart of water, let stand for several hours, then strain. Have ready a syrup made by boiling three cupfuls of sugar in a quart of water for ten minutes. When cold add to it the strained liquid with one quart of ice water or Apollinaris and serve in tumblers containing a little crushed ice.

CHARLOTTE FRUIT PUNCH 4.

Boil 1 quart of water, one pound of sugar and chopped rind of one lemon, for 5 minutes. Strain, and while hot, slice into it two bananas, one grated pineapple and one fourth pound stoned cherries. When ready to serve add juice of six lemons. Put into the center of your punch bowl a cube of ice, pour over it two quarts of Apollinaris; add the fruit mixture and at the last moment a dozen sliced strawberries. Mix well.

LEXINGTON MINT PUNCH.

From one dozen sprigs of fresh mint, carefully remove the bruised leaves, which give a rank flavor. In a quart jar shake one cup of crushed ice and one-half cup of sugar until the sugar is dissolved. Add the mint, pour over it one tablespoon of pure cider vinegar or lemon juice. Add one cup of currant juice or one glass currant jelly and water to make one quart. If currant jelly be used, omit the sugar wholly or in part.

PALATKA LIME PUNCH

Mix two and one-half cups of sugar syrup with one-half cup of lime juice, two cups of pineapple and three-fourths cup of orange juice. Dilute with ice water or serve in a glass half full of crushed ice.

RALEIGH RASPBERRY PUNCH.

To two and one-half cups of sugar syrup add one-half cup of raspberry vinegar, two cups of orange juice and three-fourths cup of tea infusion. Serve with crushed ice.

RASPBERRY SHRUB.

Pour one gallon of cider vinegar over twelve quarts of black raspberries. The vinegar should saturate but

not quite cover the berries. Keep in a cool place twenty-four hours. Mash and strain through a coarse cloth. Measure and allow one pound of sugar to each pint of juice. Let the sugar melt slowly, then boil the syrup twenty minutes. To serve, put three tablespoons of the shrub on a third of a glass of crushed ice and fill the glass with water.

STRAWBERRY AND ORANGE PUNCH.

Make a thin syrup of one part sugar to two of water. To three pints of syrup add one pint of strawberry juice (drained from canned strawberries) and half the quantity of orange juice. Sweeten to taste. When serving put two tablespoonsful shaved ice into each glass.

VETERAN HOT PUNCH.

Take a half pint of rum, half pint of brandy, a quarter of pound of sugar, one large lemon, half a teaspoonful of nutmeg, one pint of boiling water. Rub the sugar over the lemon until it has absorbed all the yellow part of the skin. Then put the sugar into a punch bowl, add the lemon juice (free from seeds) and mix these two ingredients together. Add the rum, brandy and nutmeg, mix thoroughly and the punch will be ready to serve. It is very important in making good punch that all the ingredients are thoroughly incorporated, and to insure success the process of mixing must be diligently attended to. This is an old-style punch.

BILTMORE MILK PUNCH.

One pint of milk made very sweet, a wineglass full of brandy or rum, well stirred together; grate a little nutmeg over the top of the glasses.

ROMAN PUNCH PLAIN.

Four large lemons, one quart of water, one orange, one and a quarter pounds of sugar. Freeze the lemon water ice very hard, then add one gill of rum, two tablespoonfuls of brandy. Serve in glasses.

ROMAN PUNCH NO. 2.

Make two quarts of lemonade, rich with pure lemon juice and fruit, add one tablespoonful of lemon extract. Work well and freeze. Just before serving add for each quart of ice half a pint of brandy and half a pint of Jamaica rum. Mix well and serve in high glasses. As this makes what is called a semi or half ice, it is usually served at dinners as a coup de milieu.

TEA PUNCH.

Pour one quart of boiling water over one tablespoonful of tea. Let stand till cold. Add juice of three lemons. Strain. Slice three oranges and add with one cupful of grated pineapple. Add one quart of cold water and one and one-half cupfuls of sugar. Add candied cherries. Serve with a cone of sherbet in center of punch bowl.

CUP ST. JACQUES.

Make or buy one quart lemon ice. Add three-fourths cup of lemon juice, one-half cupful shredded pineapple a little orange wine and one cupful water. Serve in champagne glasses with white grapes on top.

VIRGINIA PUNCH.

Fill long glasses half full cracked ice. Squeeze into each the juice of a large blood-orange, add a tablespoonful of powdered sugar and a pony of Maraschino. Cover with a shaker and shake well. Pour back and forth from shaker to glass four times. Fill up the glass with seltzer. Decorate with one-half slice orange. Place two straws in the glass and serve.

PEKOE PUNCH.

To one quart of tea infusion add one cup of sugar syrup, one-half cup of lemon juice and one-fourth cup of orange juice. Chill and add one quart of iced water, one sliced orange, one sliced lemon and one cup of whole strawberries.

CRANBERRY PUNCH.

Cook two cups of cranberries and one cup of water ten minutes. Strain and add, while hot, one and one-

fourth cups of sugar and the juice of one lemon. Chill and dilute with iced water.

CURRANT PUNCH.

With a wooden spoon crush one quart of red currants, add one pound of loaf sugar and two tablespoons of strong fresh ground ginger. Let this stand over night. Strain, and add the juice of one lemon and one quart of cold water.

DEERFIELD SPICED PUNCH.

Heat to boiling one pint of tomato juice and one cup of sugar. Add a small piece of nutmeg, a bruised stick of cinnamon, four cloves, and four coriander seeds. Let this stand two hours. Strain and add the juice of one lemon, two ounces of candied ginger, sliced thin, and one pint or more of cold water.

TRYON GRAPE PUNCH.

Make a syrup by boiling one quart of water and one pint of sugar ten minutes, add one pint of grape juice, one pint of orange juice and the juice of three lemons. When chilled add water to dilute and serve with crushed ice.

ORLANDO SHADDOCK PUNCH.

Remove the pulp from two grape fruit, add one shredded pineapple, one cup of sugar and one cup of water. Let stand several hours, then strain through a cheesecloth and add enough water to make one quart. If not sweet enough add sugar syrup to taste. Just before serving add one pint of carbonated water and one-half pound of white grapes halved and seeded.

YULE PUNCH.

To one pint of strawberry or currant syrup add the juice of five oranges, five lemons and one can grated pineapple. Sweeten to taste, adding cold water to make the mixture the proper consistency and strength. Turn into a punch bowl, and add a lump of ice and garnish with Maraschino cherries. Serve in punch glasses with a sprig of holly tied to the handle of each.

For a special occasion this punch can be served in an

ice bowl. To make such a receptacle cut a square of clear ice and smooth the surface with a hot iron; then in one side make a cavity with a hot iron, large enough to hold the punch. Cover a round tray with a thick mat of absorbent cotton, place the ice bowl on this and surround with a wreath of holly or other Christmas greens.

FRUIT COCKTAILS.

To a half pint of cherry syrup add the juice of an orange and of half a lemon. Pare and shred finely one large ripe pineapple. Dust with powdered sugar and chill on ice. Serve in cocktail glasses, putting into the glass, first, a tablespoonful of pineapple, then one of the fruit syrup and finishing off with a tablespoonful of crushed ice. Either fruit forks or long-handled spoons may be used.

BANANA COCKTAILS.

Cut thoroughly ripe bananas into tiny dice; then add, by measurement, two-thirds as much lemon juice as there are bananas. Sweeten to taste and chill. At serving-time, add iced water to make of the proper strength. Serve in cocktail glasses.

CHERRY CUP.

Press one quart canned sour cherries through a sieve. Put over the fire; add sugar to sweeten. When the mixture boils up add a thickening of one tablespoonful cornstarch wet up with cold water. Cook until of the consistency of cream, then take from the fire and cool. Serve in sherbet cups, putting into each cup a few drops of lemon juice and a little shaved ice.

CHRISTMAS TEMPERANCE PUNCH.

Grate the yellow rind from four lemons and six oranges, and add it to four pounds of sugar and two quarts of water. Stir until the sugar is dissolved and boil for ten minutes. Strain and cool; add the juice of the lemons and oranges and two tart-baked apples pressed through a sieve. When wanted for use, put a small block of ice in the punch bowl, pour over the syrup, add one pint of grape

juice, a pint of ginger ale, and enough effervescing water to make it palatable.

CHICKAMAUGA CLARET PUNCH

2 quarts claret, 2 quarts Appollinaris water, 1 quart whiskey, 1 pound sugar, juice of 6 lemons, 3 oranges sliced, 1 can sliced pineapple, candied cherries.

WASSAIL.

This is the old time drink which was always served in a great bowl at Twelfth Night Revels and which was carried in the procession after the boar's head. Put a full pint of good ale into a pan with one-half pound of sugar, half a grated nutmeg, a little powdered ginger, and less of powdered cinnamon. Bring this well to a boil, then add, still stirring, one and a half pints more ale and half a bottle of sherry (sherris sack) and a good piece of loaf sugar, on which has been rubbed off the rind of a lemon; bring this all just to, but not beyond, boiling point, pour into a warmed bowl, and serve with roasted pippins, or other nice small apples, floating on the surface. Some people add to this the yolks and whites of two or three eggs whisked separately, and the whites very stiffly, but this is a matter of taste.

NASHVILLE FRUIT NECTAR.

Juice of 1 orange, juice of 1 lemon, $1\frac{1}{2}$ cups cold water, $\frac{1}{4}$ cup sugar, $\frac{1}{3}$ cup currants, strawberry or grape juice. Serve on shaved ice.

BLACK CURRANT "BOWL."

This historical drink was served on New Year's Eve in the olden time and is still in demand for serving when the old year is being watched out. It is made as follows: Into a quart pan put one and three-quarter pints of water, about one-half pound of good black currant jam (this must be of first-rate quality, and is best home-made), a good spoonful of cloves, a full stick of cinnamon broken up small, the thinly pared rind of three lemons and three oranges, with sugar to taste (do not make it too sweet),

and let this all boil together in a covered pan for one and a half to two hours; meanwhile, warm four bottles of sound, but not necessarily vintage, claret in the fender, then put one-third of a bottle of brandy in a pan, add the warmed claret, and set in on the fire till as hot as you can get it short of actually boiling it. As soon as this is ready, strain the contents of the other pan to it, stir it well round, add a good grate of nutmeg, pour into a warmed bowl, and drink quite hot.

MULLED CIDER.

An old English recipe for mulled cider, calls for a quart of good cider heated quickly to the boiling point. While it is heating beat three eggs until very light, adding gradually a half cupful of sugar, more if the cider is quite acid. When the cider reaches the boiling point pour it slowly over the eggs and sugar, beating constantly. Return to the fire and stir until the liquid is almost boiling, then serve at once in glasses.

SPICED CLARET.

A delightfully flavored spiced claret is prepared by boiling together for 10 minutes a half pint of hot water, a tablespoonful of whole cloves, a two-inch stick of cinnamon and a tiny bit of mace. Strain, return to the fire with three tablespoonfuls of sugar and a pint of claret, stir until the sugar is dissolved, bring just to the boiling point, then serve at once.

CIDER DRINK.

This drink is made by slicing a cucumber into one quart of good cider. Cover the pitcher and stand in a cool place for one hour. Strain, add to the cider a quart of ginger ale and serve at once.

HORSE NECK.

This term is usually applied to a beverage of half ginger ale and half cider. A better and more palatable combination is ginger ale and Apollinaris water.

TO SERVE GRAPE JUICE.

Put a little shaved ice in the glasses and pour the

grape juice over it. The melted ice will be sufficient to dilute the juice.

SODA CREAM.

Mix three ounces of tartaric acid, one-half ounce of cream of tartar, one-half ounce of Rochelle salts, three and one-half pounds of A sugar and one tablespoon of essence of wintergreen with two quarts of cold water. Stir all together and add the well beaten whites of two eggs. Fill fruit jars and bottles with the mixture. When ready to use put three tablespoons of the cream in one-half glass of water, add half a teaspoon of soda, stir and serve immediately.

GUILFORD FRUIT ACID.

Sprinkle 5 ounces of tartaric acid over 12 pounds of berries; add one quart of water. Let stand 24 hours then strain, and to every pint of juice add 1½ lbs. of sugar, let stand a few days, then bottle and cork loosely.

CAMERON BLACKBERRY ACID.

Place 6 pounds fruit in stone jar; pour over this 1 quart of cold water in which has been dissolved 2½ ounces of tartaric acid. Let stand for 24 hours. Strain through cloth, bruising the berries as little as possible. To every pint of the liquor put 1½ pounds granulated sugar. Stir until the sugar is entirely dissolved. It may take several days, stirring now and then, before it is thoroughly dissolved. Bottle, corking loosely. To serve it place 3 or 4 tablespoonfuls of acid in glass and fill up with iced water.

SHENANDOAH SHERRY COBBLER.

Cut pineapple in slices and quarter, a few oranges and lemons sliced thin; one cup pulverized sugar to a tumbler of Sherry. Use twice as much water as wine. Raspberries are a nice addition. Cover fruit with the sugar laid in layers at the bottom of bowl with pounded ice. Cover with wine and water. It is best to mix this in a large bowl. When ready to serve stir well and fill glasses.

GEORGIA MINT JULEP.

Fill a large tumbler with 10 or 12 young sprigs of mint, 1 teaspoon sugar dissolved in a little water; then ¾ wineglass of cognac and ¾ wineglass of peach brandy and fill up with shaved ice. Stir without crushing the mint. Whiskey can be used instead of brandy.

BISCUITS.

"Like angels' visits
Short and bright."---*John Norris.*

HOT BISCUITS.

One quart flour, one teaspoonful salt, two teaspoonfuls baking powder, one tablespoonful lard, one of butter, and one pint of sweet milk or cold water. Rub together and form into smooth dough. Flour board; roll once, cut in forms one-half an inch thick, lay on greased baking tin and bake in hot oven. Serve hot.

MALINDA'S BAKING POWDER BISCUITS.

To 1 quart of flour add 2 heaping teaspoonfuls baking powder and ½ teaspoonful of salt, sifting three times. Small teacupful of lard and sufficient sweet milk to make a soft dough. Mix with a knife, handling as little as possible, and roll to about one inch thickness. Cut with biscuit cutter and bake quickly.

BAKING POWDER BISCUIT.

Sift one quart of flour, rub into it lump of butter size of an egg, add a pinch of salt. Sift three heaping teaspoonfuls baking powder and work into the flour as quickly as possible. Use milk or very cold water enough to make real soft dough, just so that it may be handled and rolled out ready for the cutter. Get into the oven as quickly as possible. Oven must be hot.

LIGHT BISCUIT.

Take a piece of bread dough that will make about as many biscuits as you wish, lay it out rather flat in a bowl, break into it two eggs, one-half cup of sugar, one-half cup of butter; mix this thoroughly with enough flour to keep it from sticking to the hands and board. Knead it well for about fifteen or twenty minutes, make into small biscuits, place in a greased pan and let them rise until about even with the top of the pan. Bake in a quick oven for about half an hour.

LIGHT BISCUIT.

Three pints bread sponge, two eggs, well beaten, two tablespoons sugar, good half cup butter, flour enough to make a pliable dough, handle very carefully, mould with hands well greased with lard or butter; mould twice before putting in pans.

SHREDDED WHEAT BISCUIT FOR BREAKFAST.

Warm the biscuit in the oven to restore crispness—don't burn---pour hot milk over it, dipping the milk over it until the shreds are swollen; then pour a little cream over the top of the biscuit. Or, serve with cold milk or cream, according to individual taste.

CREAMY BEATEN BISCUIT.

To one quart of flour add lard the size of an egg, also butter the same size. Mix it thoroughly in the flour, add teaspoonful of salt, then add very cold water and milk half and half. Mix into a stiff dough, in fact, so stiff you can scarcely knead it. Work it through the bread machine three times, roll the dough and cut the biscuit an inch thick; then place in an oven moderately hot and cook to a golden brown.

MAMMY'S BEAT BISCUITS.

3 cups sifted flour, 1 pinch baking powder, 1 tablespoonful salt, ¼ pound lard; rub into flour well; add ¾ pint milk and water equal parts (cold). Work through meat grinder 5 times (after mixing). Makes 18 good sized biscuits.

AUNT CHLOE'S BEATEN BISCUITS.

1 quart of flour, large tablespoon of lard, 1 teaspoon of baking powder leveled off, 1 teaspoon of salt. Mix stiff dough with half milk and water. Knead until it blisters—bake in quick oven.

AUNT CHILSEY'S CREAM BISCUIT.

Beat two eggs, add one pint of cream, one tablespoon yeast, stir in flour until the dough is stiff enough to bake. Make into biscuit and set to rise five hours. Bake in a quick oven.

BREADS

"Bread is the staff of life, but bread and butter is a gold-headed cane."

CORNMEAL

is an exceedingly good food for winter. It does not, however, contain as much fatty matter as the meal from the old-fashioned mills. With the present system the germ is frequently removed, so that the cornmeal is robbed of a portion of its fatty matter. When eggs are added cornmeal has a high nutritious value.

SOUTHERN CORN BREAD.

1 egg, 1 teaspoonful each of salt and soda, 1½ pints of buttermilk; then stir in enough cornmeal to make a tolerably thick batter. Whatever it is baked in must be well greased and very hot. Serve while hot.

HOE CAKE.

About a quart of cornmeal sifted into a pan, add salt, then pour over it boiling water until soft enough to work with a spoon. Have a frying pan or griddle hot and well greased, put in the dough and spread until it covers the bottom of the pan. Let brown, then turn.

MUSH BREAD.

Sprinkle slowly half a pint of white cornmeal into a pint of hot milk. Cook until it is a smooth mush. Take from the fire; add the yolks of four eggs and then fold in the well-beaten whites. Turn into a baking-dish and bake in a quick oven for thirty minutes.

MUSH CORN CAKES.

One quart of cornmeal, scald with boiling water, a pinch of salt. Make a soft dough, form into small cakes and fry in hot grease.

NORTH CAROLINA EGG BREAD.

One egg, 1 pint buttermilk, ½ level teaspoon soda,

1 level teaspoon baking powder, ½ teaspoon salt, 1 tablespoon lard, 2 tablespoons flour, about a pint bolted meal. Mix milk and meal, beat thoroughly like cake dough. Add well beaten egg, then salt and beat again. Set aside for 10 minutes, then stir in soda and baking powder. Beat for 5 minutes and pour into hot muffin rings or loaf pan, which has been well greased. Bake about 20 minutes in hot oven. Serve hot with butter and buttermilk.

OWENDAW CORN BREAD.

To make it, take two teacupfuls of hominy that has been boiled and allowed to become cold. The hominy left over from the previous days' breakfast will do very nicely. To this, add one teacupful of cornmeal that has been well sifted—the white Southern cornmeal is best, of course—four well beaten eggs, a heaping teaspoonful of butter, a teaspoonful of sugar, only a pinch of salt, unless the hominy has not been already salted, and a pint and a half of sweet milk. Stir these ingredients well together and bake the mixture in a greased pan, in a moderate oven, for fully three-quarters of an hour.

SPOON CORN BREAD.

Scald 1 quart sweet milk. When boiling hot take from fire and stir into it a *level* pint of meal and a teaspoonful of salt. Stir until the batter is smooth and free from lumps. Let it cool. When just lukewarm add two well-beaten eggs and a teaspoonful of baking powder. Mix well and pour into a greased baking dish and bake twenty minutes in a hot oven. It should be served immediately and dished with a spoon. Will serve eight people.

STEAMED CORN BREAD.

Two cups each of cornmeal, Graham flour and sour milk, two-thirds cup molasses, one teaspoon of soda, one of salt. Put this quantity in five baking powder cans; after greasing well, place cover on cans; steam two and one-half hours and bake one-half hour, or, steam in the usual way in two quart basin three hours, then bake till a crisp brown.

GRITS CORN BREAD.

2 cups cooked grits, 2 eggs, 2 heaping tablespoonfuls flour, 1 tablespoonful sugar, 1 tablespoonful lard, milk enough to make a stiff batter, 1 teaspoonful baking powder. Bake about 40 minutes in dish in which it is to be served.

VIRGINIA SPOON BREAD.

1 cup cornmeal mixed with yolks of 2 eggs, ½ pint boiling water, ½ pint sweet milk, piece of butter size of walnut, melted, piece of lard size of walnut, melted, whites 2 eggs beaten stiff, 2 teaspoons baking powder. Mix ingredients in the order named. Stir lightly, pour in a hot greased pan. Bake about half an hour.

CEREAL BATTER BREAD.

Cold hominy and rice are mashed together, 1 cup of hominy and 1 cup of rice, with 3 well beaten eggs, 1 cup of milk and salt and pepper to taste. When baked to a pudding consistency it is served with generous slices of butter.

OLD FASHIONED SWEET CORN BREAD.

Beat yolks of 3 eggs with 3 tablespoons of sugar. Beat whites separately. Stir in 1 pint of sweet milk and 1 heaping teaspoon of butter. Add 1 pint of cornmeal, one-third pint of wheat flour, 3 level teaspoons of baking powder, 1 teaspoon salt. Sift baking powder and salt in with the meal and flour. Bake in quick oven three-quarters of an hour, being careful not to let burn on the bottom.

YANCEY LIGHT BREAD.

1 cup of mashed white potatoes, 2 tablespoonfuls sugar, 1 tablespoonful salt, ½ cup of yeast, 1 quart warm water. Set aside over night. Next morning work in one gallon of flour, set to rise in a warm place; work down every two hours; knead on a floured board; bake in a greased pan. Keep some yeast for next baking, mix with cornmeal and spread out to dry.

MECKLENBURG LIGHT BREAD.

Scald together 1 quart milk and level tablespoonful

lard or butter. Let this get cool, then stir in 1 cake of Fleishman's yeast dissolved in a little water. Stir into this liquid the best *spring* wheat flour as long as you can stir—till the spoon will stand up straight—set to rise over night. In morning make into loaves, kneading hard for ten minutes. Use only enough flour to keep from sticking. Let it rise to double its bulk, then bake one hour. Much depends on the baking. Have oven very hot to start. When bread is a good golden brown decrease heat at once to very low heat and let bake for the rest of the hour. This makes four nice sized loaves.

WHOLE WHEAT BREAD.

Mash 1 cup of boiled potatoes, add 3 pints of warm water when the mixture is lukewarm, and 1 yeast cake softened in a little warm water. Mix thoroughly, add 1 cup of molasses and enough whole wheat flour to make a thin batter. Beat thoroughly, add three-fourths cup of melted lard and enough flour to make a stiff batter. Set to rise over night or until double in bulk and fill pans one-half full. When light, bake one hour.

AUNT MARIA'S GRAHAM BREAD.

1 quart sifted Graham flour, 1 pint buttermilk, 1 cup New Orleans molasses 1 teaspoon (level) soda, 1 level teaspoon salt, ½ level teaspoon baking powder. Take 2 one-pound coffee cans which have been greased well, also the lids; dust the cans after greasing with wheat flour. Add soda to the buttermilk, salt and baking powder to the flour. Make a batter and add molasses last. Fill cans half full, put the lids on tight and stand on ends on asbestos mats. Bake in very slow oven for 2 hours.

ALAMANCE BROWN BREAD.

One-half cup sugar, ½ cup molasses, I egg, 1 cup buttermilk with good half teaspoon of soda dissolved in it. Beat together, then add ½ teacup cornmeal, ½ teacup white flour, 1 teacup of Graham flour, ½ teaspoon salt, sifted well together, and a handful of seeded raisins mixed in the dry flour. Bake slowly.

BROWN BREAD.

I pint buttermilk, 1 cup of molasses, (Orleans), 1 teaspoon soda, 1 teaspoon salt, 1 quart Graham flour (sifted). Bake in covered one-pound baking powder cans for one hour and twenty minutes in moderate oven, then uncover cans and leave for ten minutes more.

MONTGOMERY BROWN BREAD.

One and one-half cupfuls New Orleans molasses, 2 teaspoonfuls of soda, 1 tablespoonful of salt. Mix; add 2 cupfuls Indian meal, 4 cupfuls of Graham flour, 4½ cupfuls of sweet or slightly sour milk. Fill one-pound coffee cans two-thirds full; steam four hours, bake one-half hour. Serve hot or cold.

STEAMED BROWN BREAD.

One quart each of milk and Indian meal, 1 pint rye meal, 1 cup molasses, 2 tablespoonfuls of soda. Add a little salt and steam four hours.

SAVANNAH FRITTER BREAD.

Separate the whites and yolks of two eggs; beat the yolks, add one-half of a teaspoonful of salt and a half cupful of cold water. Stir this into one cupful of sifted flour, add a tablespoonful of melted butter and beat hard. Add the whites, beaten stiff; mix lightly and set aside for several hours. If for fish or vegetables, add a dash of pepper; if for fruit, a half teaspoonful of powdered sugar. Into this dip the desired articles, so that each piece receives a thorough but thin coating, then drop into the hot fat. As a dessert, use with sliced bananas or halved peaches and serve with a sauce.

BREAD STICKS.

Bread sticks can generally be purchased from the baker. When one prefers them home-made take a cupful of bread dough; work into it the slightly beaten white of an egg, a little more flour if needed and let rise again. When very light roll out with the hands in long sticks the size of a lead pencil. Lay an inch apart on flat greased pans, brush with cold water. When light again bake in a very moderate oven until pale brown and well dried out. These are used either cold or warm.

BREAKFAST CAKES.

"If it were done when 'tis done, then 'twere well
It were done quickly."

BATTERS.

Batters are thin mixtures of flour and liquid made light by the admixture of some substance which contains or will evolve a gas. We have a choice of air, well beaten eggs or a chemical such as is ready prepared in the various forms of baking powder.

Air can be entangled in batters by quick and vigorous beating. The same result is accomplished by the use of well beaten eggs. Baking powder contains two or more chemical substances which when combined with a liquid begin to evolve gas and this gas, divided in tiny bubbles and evenly mixed through the batter gives the desired lightness. The best baking powder to use is one which contains cream of tartar, as the chemical residue left in the batter is not harmful. We can also use a mixture of sour milk and baking soda as, mixed in the proper proportions, they will lighten the batter perfectly.

Cooking on a greased griddle is a sort of two sided baking. Only enough fat to keep the batter cakes from sticking is needed; larger quantity tends to make the cakes greasy and indigestible.

GRIDDLE CAKES.

Sift together a pint of flour, a third of a teaspoonful of salt and one teaspoonful of baking powder. Melt one teaspoonful of butter. Stir into the flour a scant pint of sweet milk, beating hard and quickly. Add the melted butter. Grease a hot griddle. Drop the batter on by spoonfuls. When brown on the under side turn with a broad bladed knife or cake turner and brown the other side. Send to the table as soon as taken from the griddle, serving syrup or gravy with them.

GRIDDLE CAKES.

Sift together a pint of flour and a half teaspoonful of salt. Stir into a pint of thick sour milk one level teaspoonful of sifted baking soda. As it begins to foam mix quickly with the flour and bake the cakes at once. Buckwheat or corn meal may be mixed with the flour.

GRIDDLE CAKES.

Rub six ounces of good dripping into a pound of flour, add two teaspoonfuls of good baking powder, and mix thoroughly. Work into this half a pound of dried currants, add a pinch of salt, a grating of nutmeg, and make up into a light dough with milk. Roll out on a floured board, stamp into rounds with the edge of a small teacup, bake for fifteen minutes either on a griddle or in the oven. Some cooks add a little sugar to the above ingredients, but the general preference is for the unsweetened, crisp little cake produced by the above method.

GREEN CORN PANCAKES.

Take 5 ears of corn and grate in a crock, saving all the milk from the cob; add two eggs, one cup sour milk, one-half teaspoon soda (dissolved), flour enough to thicken to the consistency of batter cakes. Salt; fry in lard.

SODA SCONES.

1 pound flour, ½ teaspoonful salt, ½ teaspoonful tartaric acid, ¾ teaspoonful carbonate soda, buttermilk. Put all the dry ingredients into a basin and mix. Make into a soft paste with buttermilk, sprinkle plenty of flour on the board and turn the paste out on it. Roll less than ½ inch thick and cut with round cutter; place on griddle and bake for five minutes.

CATAWBA BUCKWHEAT CAKES.

Dissolve a half cake of Fleishman's yeast in a pint tepid water (not too warm); then add two cups of mountain buckwheat, a teaspoon of salt and tablespoon of molasses let it rise over night. The next morning add a tablespoon of flour, also half teaspoon of soda, make batter a little

thinner; cook in hot griddle and serve with hot melted butter.

BUCKWHEAT CAKES.

Dissolve a cake of compressed yeast in half a cupful of water; add one pint of lukewarm water, one teaspoonful of good molasses, a teaspoonful of salt, half a cup of fine cornmeal, two tablespoonfuls of white flour, then add buckwheat flour to make a thin batter. Let rise over night; then add a level teaspoonful of soda dissolved in warm water.

IRISH PANCAKES.

Warm one pint of milk in a double boiler; beat yolks of eight eggs and whites of four with two tablespoonfuls of granulated sugar until very light; then add one rounding tablespoonful of butter, melted after measuring; a grating of nutmeg; one teaspoonful grated lemon peel; one-half cupful chopped raisins. Pour the hot milk on these ingredients, beating constantly, and when thoroughly incorporated add enough flour to make a thin griddle-cake batter. Put a little butter into a hot pan, pour in enough batter to cover bottom, and when firm, turn and brown the other side. With a long thin knife, roll the cake and slip on a hot buttered dish; set in a hot oven until all are baked; dust with sugar and serve.

WAFFLES.

2 pints of sweet milk, 1 cup of melted butter and flour to make a soft batter, add the well beaten yolkes of two eggs, and last the beaten whites and two teaspoonfuls of baking powder. You can use half cup of melted lard instead of butter.

WAFFLES.

Two eggs well beaten, add one and half cups of sweet milk, then add two cups of flour with teaspoonful of Royal baking powder and half teaspoonful of salt; beat it thoroughly until it is a smooth batter, then add half cup of melted butter; in mixing the flour, add a tablespoonful of sugar, put in very hot waffle irons and turn constantly.

WAFFLES.

1 pint flour, 1 pint milk, 1⅓ ounces lard, 2 eggs, 1 heaping teaspoon yeast powder. Make a stiff batter and bake.

RICE WAFFLES.

To one pint of milk allow one cupful of rice, two eggs, lard the size of a walnut, two teaspoonfuls of baking powder, one teaspoonful of salt, and flour to make a thin batter; separate the eggs and beat thoroughly; add the rice to the yolks with the salt and the lard; mix thoroughly, and add the milk and flour sufficiently to make a moderately thick batter;lastly, beat in the whites of the eggs and add the baking powder. Bake like ordinary waffles. Cook the rice before using.

MANASSAS MUFFINS.

1 egg well beaten, 1 tablespoonful butter, 1 tablespoonful sugar with teaspoonful salt. All beaten until very light, 1 cup sweet milk, 3 cups sifted flour, 3 teaspoonfuls baking powder. Drop on well greased patty pans and take 20 minutes in a moderately hot oven.

SUKEY'S MUFFINS.

3 cups of flour, 1½ cup of milk, 3 eggs beaten separately, 1 tablespoon of melted butter, 2 teaspoons baking powder, 1 teaspoon of salt, 1 teaspoon of sugar. Bake in gem pans.

BREAKFAST MUFFINS.

1 quart flour, ½ quart butter milk, piece of butter size of a walnut, 1 teaspoon soda, 2 eggs beaten separately. Bake in a hot oven.

FLOUR MUFFINS.

Beat whites and yellows of two eggs separately, add 3 cups sifted flour with 2 teaspoons baking powder, heaping tablespoon butter well creamed, sweet milk added to consistency of cake batter, salt to taste. Bake in gem pans.

ENGLISH MUFFINS.

1 quart flour, ½ teaspoon sugar, 1 teaspoon salt, 2 teaspoons baking powder, 1¼ pint milk. Sift together flour, sugar, salt and powder; add milk, and mix into smooth batter. Have griddle heated regularly all over, grease it, and lay on muffin rings; half fill them, and when risen to top of rings, turn over gently with cake turner. They should not be too brown. When all cooked pull each opened in half, toast delicately, butter well, serve on folded napkin, piled high and very hot.

BREAKFAST CAKES.

One pint sweet milk, four tablespoonfuls Indian meal, quarter teaspoonful of salt, and flour enough to make a thin batter. Beat two eggs until very light, stir in mixture, and bake in heated muffin tins in hot oven.

GRAHAM MUFFINS.

One quart Graham flour, one tablespoonful baking powder, two tablespoons sugar, a little salt, half teaspoonful butter, two eggs and enough milk to make a good batter. Bake in small pan at once, in a good oven.

GEMS.

Two eggs, two tablespoons butter, one tablespoon sugar, two cups of sweet milk, two cups of flour, three teaspoons baking powder.

GRAHAM GEMS.

Take a common pint bowl and into it break two fresh eggs; beat until very light; add sour milk until the bowl is two-thirds full; add a little salt, and, if you like, a little sugar, one heaping teaspoon saleratus and Graham flour until the batter will drop, not pour, from the spoon. Bake in a very hot oven.

GRAHAM GEMS.

3 eggs, 3 tablespoons of sugar, 1 pint sweet milk, Graham flour enough to thicken; drop into gem pans; cook quickly. A little soda or baking powder may be added if desired.

SALLY LUNN.

1 quart flour, two cups of sweet milk, ½ cup butter, one cup sugar, six eggs, 4 tablespoonsful of baking powder, mix like cake and serve hot for tea.

SALLY LUNN.

3 eggs, 1 teacup sugar, ½ cake yeast, ¼ pound butter, 1 pound flour. Mix batter, bake in greased pans and serve hot.

SALLY LUNN.

1 cup sugar, ½ cup butter, stir well together, add 2 eggs well beaten, 1 pint of sweet milk and flour enough to make batter very nearly as stiff as cake, 3 level teaspoonfuls of baking powder.

POP OVERS.

Sift together a pint of flour and a half teaspoonful of salt. Beat three eggs just enough to mix them, add a pint of milk; stir into the flour beating to make a smooth batter. Fill gem pans nearly full. Place in a moderate oven so that they will rise very slowly. In half an hour quicken the heat. They should swell to twice their first size and be hollow in the centre. They will take nearly an hour to bake.

POP OVERS.

Three well beaten eggs, one cup sweet milk, pinch salt, cup of flour. Be sure to beat the eggs well and have tins hot.

CORN PUFFETS.

One quart of milk brought to a boil, eight tablespoons of cornmeal and four tablespoons sugar stirred in while boiling. When cold add six well-beaten eggs, a little salt and bake in cups. Serve with cream.

BREAKFAST PUFFS.

1½ cups flour, 1 cup milk, 2 eggs. Beat mixture 5 minutes and bake in greased gem pans.

GORDON PUFFS.

Mix two cups of biscuit crumbs, one cup sweet milk, two eggs, two tablespoons of butter, one teaspoon sugar, one teaspoon of salt and two teaspoons of baking powder. Bake as gems in gem rings. Serve with cocoa.

WHOLE WHEAT CAKES.

Mix a half teaspoonful of salt with a pint of whole wheat flour. Gradually add a pint of very cold water, beating quickly and hard until the batter is filled with tiny bubbles. Have deep pans very hot and well greased and brown about half an hour.

GERMAN COFFEE CAKE.

Set sponge over night with one quart warm milk, one-half cup yeast or one-half yeast cake, one tablespoon salt. In the morning add one cup sugar, one-half cup melted butter, two beaten eggs, stir into the sugar a teaspoon cinnamon. Stir in flour, beat with the hand, add flour until about as stiff as pound cake; beat till it comes off the hand, let rise, put part on board, roll out, put in cake pan, cover with a mixture of sugar, cinnamon and dried rolled bread, put on bits of butter over the top, and let rise a few minutes and bake about twenty minutes.

GERMAN COFFEE CAKE.

One quart bread sponge, one and one-half cups sugar, one and one-half cups butter, three eggs, three-fourths quart milk, one-half teaspoon salt, one-half teaspoon soda, flour to make dough, let rise, knead down, roll out an inch thick, put in bread pans, let rise again, brush the top with a beaten egg, sprinkle with sugar, dust with cinnamon and bake.

COFFEE CAKE.

Two coffee cups milk, one teacup sugar, one teacup butter, two teacups bread sponge, two quarts of flour, mould and let rise, then put in pan to bake, let rise and then sprinkle butter or cream, sugar and cinnamon on top. Nutmeg in the dough improves; some use grated lemon rind.

DUTCH TOAST.

One pint of milk and two eggs; sweeten, add a little nutmeg. Cut thin slices of light bread; dip in custard and fry brown.

JOHNNY CAKE.

Two cups of cornmeal, one and one-half cups sour milk, one egg, a piece of butter the size of a large egg, one teaspoon soda dissolved in a little hot water.

JOHNNY CAKE.

One egg, two tablespoons sugar, one cup of sour milk, a little salt, one cup cornmeal, one-half cup flour.

CAKES

"The turnpike road to people's hearts, I find,
Lies through their mouths, or I mistake mankind."

SOME RULES FOR MAKING CAKE.

10 eggs weigh one pound.
4 teaspoons are equal to 1 tablespoon.
Soft butter size of an egg weighs 1 ounce.
One quart sifted flour weighs 1 lb.
Two teacups of granulated sugar weigh 1 lb.
One pint of granulated sugar weighs 14 oz.
Two and one-half teacups brown sugar weigh 1 lb.
One pint finely chopped nuts weighs 1 lb.

Use winter wheat flour, known to the trade as pastry flour, for making cake. Spring wheat flour is best for bread.

Eggs should be fresh and cold. Yolks should be beaten thoroughly. Whites of eggs should be beaten with a wire beater or fork, as a rotary beater toughens the egg.

To cream butter and sugar, warm the sugar, not the butter.

Never let a cake dough stand any length of time before baking.

Always sift the flour before measuring, unless the recipe expressly directs otherwise.

For mixing cake there are two very important rules. The first applies to cake containing butter and milk. They should be beaten, especially after flour is added. The second applies to cakes that do not contain butter and milk. These must never be stirred, but the ingredients beaten in, being careful to beat with an upward stroke, and the flour should be added last and folded lightly through. Every stroke of the spoon after flour is added tends to toughen the batter.

All cakes should be baked in ungreased molds. Loaf

cakes not containing nuts or fruit should be inverted and allowed to cool in the mold to keep them from settling. Cooled in this way they do not require as much flour and are more delicate.

The rule for baking is to allow the cake to rise to the desired lightness before browning over, then increase the heat and bake as fast as possible without burning.

OLD FASHIONED SPONGE CAKE.

Two cups of sifted white sugar, two cups of flour measured before sifting, ten eggs. Stir the yolks and sugar together until perfectly light; add a pinch of salt; beat the whites of the eggs to a very stiff froth, and add them with the flour, after beating together lightly; flavor with lemon. Bake in a moderate oven about forty-five minutes. Baking powder is an improvement to this cake, using two large teaspoonfuls.

PERFECTION SPONGE CAKE.

The yolks of ten eggs, beaten well with one pound of sugar; use the rind and juice of one lemon; add the very stiffly beaten whites, then half pound of flour, stirring in gently; place at once in oven and bake slowly 40 minutes.

FAIRVIEW SPONGE CAKE.

Four eggs beaten separately, 1 cup of sugar, 1 cup of flour, 4 tablespoons of cold water. To make, beat yolks and sugar, add water and whites, a little at the time. Fold in the flour, and do not beat at all after the flour is put in. Flavor with lemon.

PLAIN SPONGE CAKE.

Beat the yolks of four eggs with two cups sugar; stir slowly in 1 cup flour and whites of 4 eggs beaten, then 1 cup flour in which 2 teaspoons baking powder have been sifted, lastly 1 cup boiling water, stirred in little at a time. Flavor, salt, and however thin, add no more flour.

LONGSTREET SPONGE CAKE.

Six eggs, beaten separately, 2 cupfuls sugar, 3 cup-

fuls flour, 6 tablespoonfuls of cold water, 1 teaspoonful baking powder. Mix lightly; bake in a moderate oven.

CHEAP SPONGE CAKE.

One cup sugar, 2 eggs, beaten separately, ½ cup cold water, 1 pint flour, 1 teaspoonful baking powder. Mode: Sift flour before measuring; beat thoroughly the sugar and eggs; then add the water, flour and baking powder and beat thoroughly again; add the beaten whites, but do not beat them into the batter; the whites must almost float on top of the batter. Serve with any kind of sauce.

VELVET SPONGE CAKE.

Six eggs, leaving out the whites of three, 2 cups sugar, 2½ cups sifted flour, 2 teaspoons baking powder, 1 cup boiling water, just before you add the flour. Bake in a moderate oven.

MISS FANNIE'S SPONGE CAKE.

Four eggs, beaten separately, 1 cup sugar, 1 scant cup flour, 1½ tablespoonful corn starch, ¼ teaspoon salt, 3 tablespoonfuls cold water, 1 level teaspoonful baking powder (Rumford), 1 teaspoonful lemon extract. Beat yolk of eggs until thick, add gradually the sugar and beat two minutes; add water; mix and sift the dry ingredients; add to the first mixture with the egg whites, beaten stiff, and the lemon. Bake in a moderate oven. Economical, and always sure if you do not rush in two hot oven; bake 45 minutes.

STONEWALL SPONGE CAKE.

Seven eggs, one cup sugar, one cup flour, one teaspoon lemon extract. Beat yolks and whites separately, until they froth; then beat eggs and sugar together; add one teaspoon of baking powder to the flour and stir in lightly. Bake in a moderate oven.

SPONGE CAKE FOR LAYERS.

A nice sponge cake, and one quickly made, for jelly roll or strawberry short cake, is as follows: Four eggs beaten very light, 1 cup sugar (level), a little salt and

teaspoonful flavoring, then 4 tablespoonfuls boiling water, 1 cup flour, sifted several times, 1 teaspoonful baking powder. If this is to be used for jelly roll, spread with jelly and roll while hot, after trimming off the crust around the edge.

JOE WHEELER WHITE CAKE.

Whites 10 eggs, 4 cups flour (sifted four times), 2 cups sugar, 1 level teaspoonful baking powder put in the flour, 1½ level teaspoonfuls of cream of tartar, ¾ cup of buttermilk, dissolve ½ level teaspoonful soda in milk; beat eggs; put sugar in, beat and let stand while creaming butter so sugar will dissolve well. Mix flour, butter, (a level cup after it is creamed). Mix flour as long as you can stir, add flour and buttermilk alternately, eggs and sugar last. Bake in a long pan, put together with icing.

WHITE CAKE.

Ten eggs, 1 cup butter, 3 cups sugar, 4 cups flour, 1 cup buttermilk, 1½ teaspoonfuls cream of tartar sifted in flour, ½ level teaspoonful soda dissolved in two teaspoonfuls tepid water, cream butter and sugar thoroughly, add whites of eggs; put in buttermilk just before last of flour; lastly add flavoring and pour in water from soda; most of soda will remain in the cup.

GAITHER WHITE CAKE.

Half pound butter, 1 lb. sugar, ¾ lb. flour, 14 eggs, (whites only), 1 lemon, 1½ teaspoons Royal baking powder. 1 teaspoon of vanilla; cream butter, add sugar, beat very light, add vanilla and lemon; then add, alternately, the whites of eggs and flour, with baking powder well sifted. Bake one hour and fifteen minutes in very slow oven, cover and let rise for forty-five minutes undisturbed; then brown slowly.

WHITE CAKE.

Three cupfuls flour, 1⅔ cupfuls sugar, ⅔ cupful butter, ⅔ cupful tepid water, whites of 7 eggs, 2 heaping teaspoonfuls baking powder, flavor to taste.

ROLFE WHITE CAKE.

Whites of four eggs, good ½ cup butter, 1½ cup sugar; 1 cup milk, 2½ cups flour, 2 teaspoons of baking powder; cream sugar and butter until white; sift flour twice, once with baking powder, and add milk and flour alternately, then stir in whites of eggs, well beaten, and flavor with almond.

WHITE CAKE.

Eight eggs, (whites), two cups sugar, one of butter, one of milk, three and one-half of flour, three teaspoons baking powder, flavor.

DAVIS WHITE CAKE.

One pound sugar, (granulated), ¾ lb. fllour, ½ lb. butter, 1½ teaspoons baking powder, 1 lemon, 1 teaspoon vanilla, 14 eggs, (whites only), cream butter and sugar, then put in flour and eggs alternately.

WHITE CAKE.

Fourteen whites of eggs, 1 lb. flour, 1 lb. butter, 1 lb. sugar, 2 cocoanuts grated, 2 lbs. almonds, 1 lb. citron, (cut up,) 1 teacup sherry wine, 1 teaspoon baking powder.

WHITE CAKE.

One cup of butter, two cups of sugar, three and a half cups of flour, sifted twice, with three teaspoons of yeast powder, one cup of milk and whites of eight eggs; cream butter and sugar thoroughly, add milk, then flour, lastly whites of eggs, flavoring with vanilla. Makes three layers.

LILY CAKE.

Rub to a cream one cup of butter and two cups of sugar, add one cup of sweet milk, in which dissolve one-half teaspoonful of soda, then two cups flour with one teaspoonful cream tartar and one cup corn starch, then the beaten whites of five eggs; flavor with vanilla, frost with chocolate frosting.

SILVER CAKE.

Whites of 7 eggs, 2 cups sugar, ½ cup butter, 1 cup sweet milk, 3½ cups flour, 2 heaping teaspoonfuls of baking

powder, sifted in the flour; any flavoring desired. The cake requires much beating. Beat butter and sugar, add beaten whites and beat hard; then add milk and flour and beat hard again. Bake in slow oven.

WHITE MOUNTAIN CAKE.

Two cups pulverized sugar, half a cup butter beaten to a cream; add half a cup sweet milk, two and one-half cupfuls flour, two and a half teaspoons baking powder in the flour, whites of eight eggs; bake in layers and put together with icing made by boiling a half teacup of water and two cups sugar until it strings; pour it slowly over well beaten whites of two eggs rnd beat all together till cool. Sprinkle each layer thickly with grated cocoanut and a handsome cocoanut cake will result.

CARO CAKE.

Cream one cupful of butter with two cupfuls of sugar; add one-half cupful of milk. Mix one tablespoonful of baking powder with three cupfuls of flour, sift thoroughly and add it with the beaten whites of eight eggs. Flavor to taste and bake in a loaf.

DELICATE CAKE.

Rub three quarters of a cupful of butter to a smooth cream with two cupfuls of sugar, adding one-half cupful of sweet milk, three cups of flour twice sifted with one and a half teaspoonfuls of baking powder and the stiffly beaten whites of eight eggs, adding the flour and eggs alternately. Almond or other delicate extract can be used for flavoring.

DELICATE CAKE.

One cup granulated sugar, ½ cup butter, creamed together, ½ cup sweet milk, 2 cups sifted flour, 1 teaspoon cream tartar, ½ teaspoon soda, whites of four eggs. This makes good foundation for any kind of a layer cake or a fine loaf.

LADY CAKE.

One cup butter, two cups sugar, one cup milk, three cups flour, one teaspoonful cream tartar mixed through

the flour, one-half teaspoonful soda dissolved in a little warm water, one teaspoonful of extract bitter almond, the whites of four eggs beaten to a stiff froth and added just before the cake goes to the oven.

LADY CAKE.

One-half cup of butter, one and a half of sugar, two of flour, nearly one of sweet milk, one and a half spoonfuls of baking powder, whites of four eggs well beaten. Flavor with peach or almond extract.

MT. MITCHELL SNOW CAKE.

One pound of arrow root, quarter of a pound of pounded white sugar, half a pound of butter, the whites of six eggs, flavoring to taste of essence of almond or vanilla or lemon; beat the butter to a cream; stir in the sugar and arrow root gradually, at the same time beating the mixture; whisk the whites of the eggs to a stiff froth; add them to the other ingredients, and beat well for twenty minutes; put in whichever of the above flavorings may be desired; pour the cake into a buttered mould or tin and bake it in a moderate oven from one to one and one-half hours.

VELVET CAKE.

7 whites eggs, 2 cupfuls sugar, 2 cupfuls flour, 1 cupful corn starch, 1 cupful sweet milk, 1 cup butter, 1 teaspoonful baking powder.

ANGEL CAKE.

Put into one tumbler of flour, one teaspoonful of cream of tartar, then sift it five times. Sift also one glass and a half of white powdered sugar. Beat to a stiff froth, the whites of eleven eggs; stir the sugar into the eggs by degrees, very lightly and carefully, adding three teaspoonfuls of vanilla extract; after this add the flour, stirring quickly and lightly. Pour it into a clean tin cake dish, which should not be buttered or lined. Bake about forty minutes. When done let it remain in the cake tin turning it upside down with the sides resting on the top of two

saucers, so that a current of air will pass under and over it.

ANGEL'S FOOD.

Take the whites of ten large fresh eggs, one and one-third tumbler of sifted granulated sugar, one tumbler of well sifted flour. Break eggs in a large round mixing bowl, add a saltspoon of salt, beat with a wire spoon until half whipped, then add one level teaspoon of cream of tartar; beat the eggs stiff, then add sugar and vanilla; when well blended add flour. Bake forty minutes. Ice with boiled icing.

ANGEL CAKE.

12 ounces of the whites of eggs, or 12 eggs, 12 ounces of powdered sugar, 5 ounces of flour with a rounded teaspoon of cream tartar sifted in the flour, and sift it five times, 1 teaspoonful of vanilla; bake 50 minutes in a slow oven.

SOFT GINGER BREAD.

3 eggs, 2 cups of molasses, ½ cup of sugar, a piece of lard the size of an egg and a piece of butter the size of an egg, 1 teaspoonful of soda stirred into the molasses. Break the eggs, and beat with the sugar; then put in the molasses with the lard and butter and lastly a pint and a half of flour.

ALLEGHANY SOFT GINGER CAKE.

1 cup molasses, 1 cup granulated sugar, 1 cup sweet milk, ½ cut butter, 1 egg, 2 teaspoons baking powder, 2 tablespoons ground ginger, 2 tablespoons ground cloves. Stir in enough flour to make a soft batter, not as thick as ordinary cake, bake slowly.

SOFT GINGERBREAD.

Mix 2 eggs with 1 cup sugar and ½ cup lard or butter, 1 cup molasses, 4 cups flour and 1 teaspoon soda dissolved in 1 cup butter milk. Bake in a loaf ½ hour.

SOFT GINGER BREAD.

1 cup brown sugar, 1 cup black molasses, 2 eggs, ¾ cup lard, 1 teaspoon baking powder, 4 cups flour, ½ teaspoon

soda, 1 cup hot water, 1 teaspoonful ginger, cream, sugar and lard, add eggs. beat hard, add molasses, hot water, flour, soda, baking powder, ginger, etc.

ISSAQUENNA SPICED GINGER CAKE.

One cup of molasses and a half cup of sugar; mix well together; then add one cup of boiling hot water with half teaspoonful of soda, two well beaten eggs, one half teaspoonful of cinnamon, half teaspoonful of ginger, half teaspoonful of cloves; then add two cups of flour, beat well into stiff batter, add half cup of melted butter; bake in hot oven.

SIERRA NEVADA GINGER BREAD.

There is a rule for ginger bread that will melt in your mouth. Bring to a good boil 1 cup of New Orleans molasses, one cup brown sugar, ½ cup butter, 2 tablespoons of ginger, and a pinch each of ground cinnamon, nutmeg and salt; when nearly at the candying point, stir in a teaspoon of soda and set to cool. When nearly cold, add 1 cup buttermilk, yolks of three eggs beaten light, 3 cups flour; fold in lastly the whites of 8 eggs beaten stiffly, and bake in a moderate oven. It kills the flavor to hurry it. When wanted very nice a cup of raisins can be added.

HAMPTON GINGER CAKE.

1 cup each of molasses, brown sugar, butter and 3 of flour, 3 eggs, 1 tablespoon of ginger, 1 teaspoon soda. Cream, butter and sugar, beat eggs light (separately) and add them, then stir in the molasses in which the ginger has been well mixed. Lastly the soda dissolved in a little sour cream. Bake in a quick oven. Serve with hot wine sauce.

McCLELLAN CHOCOLATE CAKE.

To make the chocolate mixture, take 1 cup of grated chocolate, 1 cup of sugar, ½ cup of milk and 1 egg, boil until thick and when cool, pour into the batter, made as follows: Four eggs, 2½ cups flour, 1 cup of sugar and ½ cup of milk and ½ cup of butter, beat together and bake

in jelly tins. Between the layers put a boiled icing made of 3 cups of sugar, the whites of 3 eggs and ⅔ of a cup of water. Boil, sugar and water together until it ropes, then poor slowly into the stiffly beaten eggs.

CHOCOLATE LAYER CAKE.

One cup of butter creamed with two cups of sugar, add yolk of five eggs; then one-half cake of grated chocolate, one cup of sour cream into which has been beaten a level teaspoonful of soda; add two and one-half cups of flour, lastly the whites of the five eggs. This makes four layers and is used with a white icing.

CARTERET CHOCOLATE CAKE.

1 cup of grated chocolate, 1 cup of sugar, yolk of one egg, half cup of milk. Boil all this together until it thickens; set off to cool. While this mixture is cooling make a cake of 1 cup sugar, ½ cup of butter, ½ cup of milk, two and one-half cups flour, after sifting, two teaspoons of baking powder, four eggs beaten separately. Beat this batter light and add the chocolate mixture. Flavor with vanilla.

CHOCOLATE CAKE.

One cup of sugar, half a cupful of butter, half a cupful of milk, two cupfuls of flour, three eggs, six ounces of chocolate, one-half tablespoonful of yeast powder.

GERMAN CHOCOLATE CAKE.

The receipt already given for chocolate cake may be used to make German chocolate cake, or the receipt for plain layer cake may be used. To make the cream filling, put three ounces of chocolate into a double boiler. Sink it down into the hot water. When the chocolate melts add three-quarters of a cupful of milk, half of cupful of sugar; when smooth and hot take from the fire and add the yolk of one egg and a teaspoonful of vanilla. Stand aside to cool. When cool put between each layer of cake, icing the top one with chocolate icing.

DEVIL'S CAKE.

After creaming one-half cup of butter gradually beat into it one and one-half cups sugar, then the well-beaten yolks of four eggs. Have melted over hot water eight tablespoonfuls of chocolate with five tablespoonfuls of hot water. When smooth add the chocolate to the other ingredients, then alternately add half a cupful of milk and one and three-quarter cups of flour with which two level teaspoonfuls of baking powder and one teaspoonful of cinnamon have been sifted. Beat in one teaspoonful of vanilla and the stiffly whipped whites of four eggs and bake in a moderate oven—testing with a wooden toothpick.

DEVIL'S FOOD.

One cup each of chocolate and brown sugar, ½ cup of sweet milk, yolk of one egg, one teaspoon of vanilla. Stir all together and cook slowly; set away to cool.

Cake part—One cup of brown sugar, two cups of flour, one-half cup of butter and one-half cup of sweet milk, two eggs. Cream, butter, sugar and yolks together, add flour, milk, and beaten whites of eggs, beat all well, then stir in custard part; lastly, add one teaspoon of soda dissolved in a little warm water.

DEVIL'S FOOD.

Dark part— ½ cup white sugar, ½ cup sweet milk, ¾ cup grated chocolate, yolk 1 egg. Stir together and cook till thick. Let cool and mix with

Light part—1 cup sugar, ½ cup of butter, ½ cup milk 3 eggs, 1 teaspoonful soda dissolved in little milk, 1½ cups flour, 1 teaspoonful vanilla. Bake in layers or loaf.

DEVIL'S FOOD.

Four eggs, two cups sugar, one-half cup butter, one-half cup sour milk, three cups flour, two teaspoons soda. Take one cup Baker's chocolate, adding cup of boiling water. Beat sugar, butter and eggs until light, then add chocolate, milk and flour. Bake in a moderate oven.

MAHOGANY CAKE.

Sugar 1½ cups, butter ½ cup, eggs 3 well beaten together (Dover egg beater), flour 2 cups, sweet milk 1 cup.

Chocolate for cake—Chocolate 2 squares. Boil chocolate in one-half of the cup of sweet milk until thick as batter. Let cool then add to cake. Soda 1 teaspoonful in flour, vanilla 1 teaspoonful. Bake in granite pans in a slow oven.

MAHOGANY CAKE.

4 eggs, 4 cups of flour, 3 cups of sugar, ¾ cup butter, 1 cup buttermilk, ¼ cake chocolate dissolved in 1 cup boiling water, 2 teaspoons soda. Put soda in little of buttermilk, then into dissolved chocolate. Stir in batter the very last thing. Chocolate must be cold before adding to batter. Season with vanilla. Bake solid, or in layers with any filling.

TO KEEP FRUIT CAKF.

The fruit cake left over after the holidays may be put into an earthen crock, granite saucepan or tin cake-box, covering the top closely with wax paper, then put on the lid and keep in a dark, cool closet.

GRANDMA BRADY'S BLACK FRUIT CAKE.

One dozen eggs, 2 lbs. raisins, seeded and cut fine, 2 lbs. currants, picked and washed, 1¼ lbs. citron cut up, ½ lb. figs cut up, 1 lb. dates cut up, ½ lb. grated chocolate, ½ pint brandy, 1 lb. granulated sugar, 1 lb. butter. ½ lb. flour, 1 teaspoon baking powder, 1 teaspoon spice, 1 teaspoon grated nutmeg, 1 teaspoon ground cinnamon, 2 teaspoons vanilla. Cream butter thoroughly in cold water, add sugar and beat well. Beat the yolks well and add to the mixture. Sift 1 lb. of flour with the baking powder and add alternately with the well-beaten whites. Dredge the fruit well in the remaining ¼ lb. of flour. Add spice and chocolate and beat batter well. Mix in the fruit, then the brandy and vanilla. Mix thoroughly. Line pans with buttered paper. Bake in a moderate oven on raised pan or stove lid, two and one-half hours. When perfectly

cold remove from pan and pour one pint of sherry over the cake.

POCAHONTAS FRUIT CAKE.

One pound of pulverized sugar, 1 lb. butter nearly, 9 eggs, 15 cents worth of best French brandy, (this can be omitted) 1 lb. flour, 2 lbs. seeded raisins, 2 lbs. currants, ½ lb. citron. Preserved orange peel or grated orange peel, 1 grated nutmeg, ¼ lb. of hulled almonds. Wash and thoroughly dry the currants. Halve but do not blanch the almonds. Cut citron in very small pieces. Put one teaspoonful of baking powder in flour and mix fruit thoroughly with it. Cream butter and sugar till very light. Break 6 eggs in it. Beat thoroughly then add 3 eggs. Then brandy, then flour and fruit. Make as stiff as it can be mixed. Bake in a slow oven for 3 or 4 hours. Wrap in flannel and put away in tins.

FRUIT CAKE.

Three pounds of seeded raisins, 3 lbs. of currants, 1 lb. each of figs, citron, brown sugar and flour, 10 eggs, ½ pint of brandy, spice to taste. Bake in a very slow oven for seven hours, if in one cake.

TAR HEEL FRUIT CAKE.

2 lbs. pulverized sugar, 2 lbs. butter, 2 dozen eggs, 2 lbs. flour, 4 lbs. seedless raisins, 4 lbs. currants, 1 lb. citron, ½ lb. preserved orange peel, 1 lb. almonds, blanched and chopped, 1 pint brandy, 1 oz. allspice. 18 lbs. in all after baked.

PLAIN FRUIT CAKE.

2¼ cups brown sugar, 1½ cups buttermilk, 1½ cups raisins, 1½ tablespoonfuls butter. 1½ teaspoonfuls of soda, 3 cups flour. Spices to taste.

JEFFERSON FRUIT CAKE.

One pound butter, 1 lb. dark brown sugar, 1 lb. flour (browned), 2 nutmegs, 2 teaspoonfuls cloves, 2 teaspoonfuls cinnamon, 10 eggs, 2 lbs. figs chopped fine, 2 lbs. raisins, 2 lbs. currants, ½ lb. blanched almonds (chopped), 1 pint molasses, 1 teaspoonful soda, ½ cupful wine.

STRATFORD WHITE FRUIT CAKE.

Cream 1 lb. of butter and 1 lb. sugar together, add the yolks of 12 eggs and 1 lb. of flour, 2 teaspoons of baking powder. Grate 1 cocoanut, chop 1 lb. of almonds, slice 1½ lb. of citron. Stir into the beaten whites, then add to batter. Bake slowly for two hours.

FITZHUGH WHITE FRUIT CAKE.

One cup of butter, two cups sugar, one cup of sweet milk, two and one-half cups of flour, the whites of seven eggs, two even teaspoonfuls of baking powder, one pound each of seeded raisins, figs and blanched almonds, and one quarter of a pound of citron, all chopped fine. Mix all thoroughly before adding the fruit; add a teaspoonful of lemon extract. Put baking powder in the flour and mix it well before adding it to the other ingredients. Sift a little flour over the fruit before stirring it in. Bake slowly two hours.

LIGHT FRUIT CAKE.

One-half cup butter, one cup sugar, one-half cup milk, two cups flour, one and a half teaspoons baking powder, whites of four eggs, one-half cup seeded raisins, one-half cup sliced citron, one-third cup chopped blanched almonds, one-fourth teaspoonful of salt. Mix flour, baking powder and salt. Dredge fruit with flour, cream, butter and sugar, add beaten whites and beat hard; add flour and milk, and beat again; stir in the prepared fruit. Line a loaf pan with paper and bake cake one and a half hours in moderate oven.

WHITE FRUIT CAKE.

Twelve eggs, 1 lb. sugar, 1 lb. butter, 1 lb. flour, 2 lbs. citron sliced, 2 lbs. almonds cut up, 2 cocoanuts grated, 1 nutmeg, 1 glass sherry wine or brandy.

ARLINGTON WHITE FRUIT CAKE.

One dozen eggs, 1 pound flour, 1 pound sugar, ¾ pound butter, 2 pounds citron, minced very fine, 2 pounds of almonds, bleached and crushed, 2 cocoanuts, grated and thoroughly dried. Flavor with vanilla and wine.

CITRON, OR WHITE FRUIT CAKE.

One lb. flour, 1 lb. sugar, ¾ lb. butter, 10 eggs, 1 teaspoon baking powder, 2 lbs. almonds blanched and pounded, 1 lb. citron, 2 cocoanuts grated, 1 wineglass of wine, 1 teaspoon mace. Does not require as long to bake as a pound cake.

THANKSGIVING CAKE.

A spiced loaf or fruit cake is used for this occasion and after it is cold a thick layer of white icing flavored with almond is placed on. Then the top is ornamented with pipings of the icing and a chrysanthemum is formed in the center made of the pipings and nut meats. On the sides are placed with the piping tube, small turkeys made of deep yellow icing. This is made with enough yelk to color. By making sort of a stencil pattern for the turkeys one can be sure of having them of uniform size and at equal spaces on the cake. If desired the outline can be made with pecan meats.

A RICH POUND CAKE.

Beat one pound of butter and one pound of white powdered sugar together to a cream, whisk ten eggs to a high froth, and mix with a wineglassful of brandy (or without brandy if preferred), one-half a nutmeg, a teaspoonful of vanilla, and one pound of flour; beat until light and creamy. Put into a tin lined with buttered paper, and bake in a moderate oven for one hour. When done turn it gently out, reverse the tin, and set the cake on the bottom until cold. Let the paper remain on until the cake is to be cut. If brandy is used it will require a pound and a half of flour.

MONTICELLO WHITE POUND CAKE.

The whites of nine eggs, one pound of butter creamed with pound of sugar; add the beaten whites of nine eggs, then pound of flour; add lemon or vanilla flavoring; bake in slow oven until perfectly done; when cold cover with boiled icing.

ROBERT E. LEE CAKE.

Whites 12 eggs, 3 cups sugar, 4 cups flour, ½ cup corn starch, 1 cup butter, 1 cup sweet milk. Filling—1 lb. grated pineapple, 1 lb. blanched almonds, 1 lb. grated cocoanut. Cut almonds fine, spread on coat of icing, sprinkle almonds, cocoanut and pineapple, then spread icing over all so the next layer will stick.

NOUGAT CAKE.

Make a white cake batter of 8 whites of eggs, 2 cups of sugar, 1 cup of butter, 1 cup of milk, 3 cups of flour, flavor with any preferred extract, 2 teaspoons of baking powder. Put a layer of batter on bottom of pan, then place chopped figs, chopped raisins and citron, smoothly and closely together and cover with a thin layer of batter, and bake. Bake three layers; make an icing with 3 cups of sugar, 3 whites of eggs, 1 doz. marshmallows. Put a layer of 1 cup of raisins, chopped, 10c. worth of crystalized cherries, chopped, 10c. worth of crystalized pineapple, chopped, 10c. worth of chopped English walnuts in the icing; repeat for three layers. Flavor with very little extract of almonds.

PINEAPPLE LAYER CAKE.

Cream 1 cup of butter with 2 cups of sugar, ½ cup of milk, 6 eggs beaten separately, 3 cups of flour, sifted with 2 teaspoons of baking powder; mix well and bake in jelly tins. Make thick boiled icing in which squeeze the juice of 2 oranges. Spread thickly over the layers of the cake and sprinkle with grated pineapple.

WHITE PINEAPPLE CAKE.

One and a half cups of sugar creamed with ½ pound of butter; add cup and half of milk, 2 cups flour, with teaspoonful Royal baking powder; mix all well and put in pans until you have six layers, then put between the layers fresh or grated pineapple; cover with boiled icing.

LIGHT LAYER CAKE.

For a sponge layer, sift together 1 cup flour, 2

level teaspoonfuls baking powder and ¼ teaspoonful salt. Put into a bowl 2 eggs, ¾ of a cup of granulated sugar and whip with egg beater until very light. Add 5 tablespoonfuls boiling water, beat slightly, sift in the flour mixture, flavor with lemon, vanilla or nutmeg, still working with the egg beater. Then pour into two floured jelly cake pans and bake in a quick oven.

A BUTTER LAYER CAKE.

Cream together 1 large tablespoonful butter and 1 cup sugar. Add 1 well beaten egg and a cup of milk and beat light. In another bowl sift together 2 cups flour and 2 tablespoonfuls baking powder. Then sift into the mixing bowl with the other ingredients. Bake in three layers in a moderate oven.

RICHMOND JELLY ROLL.

Four eggs, 1 teacup of sugar, 1 of flour, 1 teaspoon of soda, 2 of cream tartar; spread thin on bread pans, bake quickly; when done spread on jelly and roll.

FRENCH LAYER CAKE.

Beat 2 cups sugar and 1 cup of butter to a cream; add to this 4 well-beaten yolks, 1 cup of sweet milk, 3 cups of flour, 2 teaspoons baking powder, and then the well-beaten whites of 4 eggs. Divide this into three parts. Into one part mix 1 teacup chopped raisins, one-half teaspoon each, cinnamon and nutmeg. Bake in one layer. Into second layer stir 1 teaspoon vanilla, 8 teaspoons chocolate. Bake in one layer. Last layer flavor with lemon. When baked put the chocolate at the bottom, the fruit layer in the middle and the white on top. Put together with chocolate or frosting.

ALEXANDRIA JAM CAKE.

1 cup sugar, 3 eggs, ½ cup butter, 1 cup blackberry jam, 1 teaspoon ground cinnamon, 1 teaspoon nutmeg, 1 teaspoon soda dissolved in 4 tablespoons sour cream, 1½ cups flour. Bake in 3 layers. Put together with boiled icing, as follows: 1 cup sugar, 4 tablespoons water, white of one egg and vanilla to taste.

SHORTCAKE.

Shortcake spread with fruit is usually considered a delicacy obtainable in fruit season only. It is always popular, but it seldom occurs to the cook that it is equally welcome in other seasons, and equally delicious when canned fruit drained of its juice, is used. The latter may be used as a sauce, or one may serve the shortcake with whipped cream flavored with the juice.

STRAWBERRY SHORTCAKE.

One cup of sugar, ¼ cup of butter, 1 cup of milk or water, 1 teaspoonful baking powder, 2 eggs, 2 cups of flour, vanilla. Roll into two sheets, each about half an inch thick; bake in a well-greased pan, laying one sheet on top of the other. While warm separate, and put between the two crusts a thick layer of strawberries. Sprinkle with sugar, and serve hot or cold, with whipped cream.

FRUIT SHORTCAKE.

Choose oranges for the shortcake. Peel as many as will be needed, removing all of the thick white skin, cut in slices, then into quarters. Sprinkle with sugar and let stand until ready to use. Mix together one pint of flour, one-half of a teaspoonful of salt, one teaspoonful sugar, one heaping teaspoonful baking powder, then rub in two heaping tablespoonfuls of butter. Mix with sweet milk to a soft dough, divide and roll out each half to fit a shallow oblong pan; brush the top with milk and bake from twenty to twenty-five minutes in a hot oven. Lay one sheet on a flat dish, cover with a portion of the sugared oranges, fit over it the other cake and heap on this the remainder of the oranges. Pour over some cream whipped quite stiff or cold soft custard and serve with an extra allowance of the sauce for each person. The custard should, of course, be prepared in advance and is made by beating together two eggs and one-quarter of a cupful of sugar, adding one pint of milk, turning into a double boiler and cooking stirring constantly, until the mixture

thickens enough to coat the back of a spoon, and flavoring when cold with a little vanilla or lemon.

STRAWBERRY SHORTCAKE.

Take 1 quart of sifted flour, ½ cup of butter, 1 egg well beaten, 3 teaspoonfuls of baking powder, and sweet milk enough to make a stiff dough; knead well, and roll out until about one inch thick. Bake till a nice brown. When done, turn out of pan, split in two with a sharp knife and allow to cool; put on berries well covered with powdered sugar.

ORANGE CAKE.

One-quarter cup of butter, 2 eggs, 1 cup of sugar, 2 small cups of sifted flour, 2 spoonfuls of baking powder, sifted in the flour, one-half cup of milk. Cream butter and sugar together, add eggs well beaten, add flour and milk. Beat well and pour into large pans and bake about twenty-five minutes.

YELLOW CAKE.

One-half cup butter, one cup sugar, creamed, one-half cup milk, yolks of three eggs, and whites of two, one cup and a half of flour, half teaspoonful of soda, one teaspoonful cream tartar, one teaspoonful lemon.

ENGLISH TIPSY CAKE.

Take a nice high sponge cake and put it in a dish in which it is to be served, take 2 wineglasses of brandy and half-pint of sherry wine and pour over the cake until it soaks up all, then blanch some sweet almonds, cut them in slices and bits, stick all over the cake. Before you put the cake in the dish put raspberry jam and then put your cake on it, don't put too much. Beat a rich cream to a stiff froth and put all over the cake, sprinkle in spots on the cream, red sugar; the cake must be made the day before, only put the cream over before serving it.

CHRISTMAS SPICE CAKE.

Put into a pan two-thirds of a cup of melted butter, two-thirds of a cup of sugar, two-thirds cup of molasses,

one cup milk, and one tablespoonful mixed spices—cinnamon, cloves, mace and nutmeg. Then add one well-beaten egg. Sift together two and one-half heaping cups flour and two teaspoonfuls baking powder. Add to the other ingredients, together with one cup seeded raisins dredged with some of the flour. Lastly, add a tablespoonful lemon juice, turn into buttered pans and bake in a moderate oven.

SHORTBREAD.

Seven ounces flour, 1 ounce rice flour, ¼ lb. butter, ¼ lb. sugar, ½ teaspoonful baking powder. Put all on a table and knead the butter and sugar together, then gradually draw in the flour, kneading well, and keeping the lump firm in both hands. Cut it into two or three pieces, and make each piece round or oval, as desired, and about ½ inch thick; pinch the edges, dust some sugar on top, and place some caraways or slips of citron on top, and bake in a slow oven till a nice brown color. The time depends on the thickness of the cake—from a quarter to half an hour.

WATERMELON CAKE.

White part—2 cups sugar, 1 cup butter, 1 cup sweet milk, 3½ cups flour, whites of 8 eggs, 2 teaspoonfuls of baking powder.

Red part—1 cup sugar, ½ cup butter, ⅓ cup of milk, 2 cups flour, whites of 4 eggs, 1 spoonful of baking powder, 1 cup of seeded raisins. Use red coloring which you can procure from any druggist. Put red part in pan around tube, and white on outside of the red.

To economize time, all the batter can be mixed at once taking out about one-third to which can be added the raisins and coloring, to produce the red part.

PORK CAKE.

One pound fresh pork chopped very fine, 3½ cups brown sugar, 1½ cups molasses, 3½ cups sour milk, 4 teaspoons soda, 7 cups flour in which has been sifted 1½ teaspoons cream tartar, 1 egg well beaten, 1 tablespoon cinnamon, 1

tablespoon cloves, 2 nutmegs, 2 lbs. raisins, 1 lb. currants, ½ lb. citron, ½ teaspoon black pepper. Mix fruit in a little flour and bake one hour, or until done.

PLAIN CURRANT CAKE.

This simple recipe makes a splendid currant cake for children. We advise that you bake it in a large, shallow tin, remembering that the outside crusts of newly baked cakes are particularly crisp and delicious. One pound of flour, ¼ of a pound of clarified dripping, 2 teaspoonfuls of baking powder, 8 to 10 ounces of currants, 2 ounces of fine sugar, 1 egg, a little milk. Mix flour and baking powder; rub in the dripping, add the currants, the sugar, and a generous grating of nutmeg. Make into a light dough with the egg and milk, and bake forty-five minutes in a shallow tin.

HASTY CAKE.

Five cups flour, ¾ cup butter, 2 cups sugar, 1 cup milk, 3 level teaspoonfuls baking powder, 1 grated nutmeg, 3 eggs. Cream butter and sugar thoroughly.

CHEAP CAKE.

Two cups brown sugar, ½ cup butter, 2 cups sour milk, 2½ cups flour, 1 teaspoon each of cinnamon and cloves, 1½ teaspoons allspice, ½ nutmeg, 1½ teaspoon saleratus, raisins, citron, &c.

ONE EGG CAKE.

Scant ½ cup butter, 1 cup sugar, 1 egg, (white and yolk beaten separately), 1½ cups flour, 2 teaspoons baking powder sifted in flour; add fruit if desired. Bake as loaf, small or layer.

CREAM PUFFS.

Put a half pint of water and 2 ounces of butter in a saucepan over the fire; add hastily 4 ounces (half a pint) of flour, and stir until you have a soft, smooth dough; take from the fire, and when cool break in 1 whole egg; beat and add another egg; beat until mixed, and so continue until you have added 4 eggs. Drop

by spoonfuls in a lightly greased baking-pan and bake in a moderate oven for forty-five minutes. When cold, fill with soft custard made by adding 1 tablespoonful flour moistened in a little cold milk to a ½ pint of hot milk. Beat the yolks of 3 eggs with 3 tablespoonfuls of sugar; add this to the milk mixture; cook a moment; take from the fire, and add a teaspoonful of vanilla.

WARRENTON CREAM PUFFS.

Put into a sauce-pan a scant ½ cup of butter, add 1 cup of boiling water. When it reaches the boiling point, add 1 cup flour all at once. Stir vigorously one minute. Remove from the fire and add 4 eggs, one at a time. Drop by spoonfuls on a buttered pan and bake from 20 to 30 minutes. When cool split and fill with cream filling. Cream filling—Mix ½ cup sugar, ¼ cup of flour, 1 saltspoonful of salt, 1 egg slightly beaten. Pour on 1 cup of hot milk and cook 10 minutes. When cool flavor with ½ teaspoonful vanilla. This will make 1 dozen puffs.

CREAM PUFFS.

One pt. flour, 1 teacup sweet milk, 1 egg, 2 teaspoons baking powder, butter size egg. Bake in hot pans.

ECCLES CAKES.

Make a good puff paste in the ordinary way. Roll into a sheet about ⅛ of an inch thick, and cut the sheet into disks about 3½ inches in diameter with a plain cutter. Roll the disks out thin, lay them on a board, damp them over with water, and then thickly cover with currants mixed with a little chopped nuts and sugar, gather up the edges, and press flat with the palm of the hand. It should be a round cake. Roll it slightly with your rolling pin, keeping as round as possible. Notch the cakes with a blunt knife, dust with powdered sugar, and bake in a moderate oven.

ROCK CAKE.

Rub half a pound of butter or good sweet dripping into a pound of flour. Stir in 2 heaping teaspoonfuls of

good baking powder, add a pinch of salt, a little finely minced lemon peel, 2 to 3 tablespoonfuls of fine sugar, and ½ a pound of dried currants. Moisten the whole with 2 eggs, well beaten, and a little milk. Make up into a stiff dough, and bake on a greased tin, setting the rock cakes well apart from each other in little stiff "knobs." Fifteen to twenty minutes is a sufficient time to allow for the baking of these old-fashioned favorites.

HEART CAKES.

Work half a pound of butter to a cream with the hand. Put into it 4 yolks of eggs and 2 whites, well beaten, ½ a pound of sifted sugar, ½ a pound of dried flour, 2 spoonfuls of orange flower water, ½ a pound of currants, 1 ounce of candied orange and citron. Beat till the cakes go in the oven. This quantity will fill eighteen tins.

WHITE CUP CAKES.

Cream 1 cup of butter until white, add 1 cup fine granulated sugar and cream again; then add 1 cup sweet milk and 1 cup flour sifted twice with 2 spoons baking powder; now fold in the stiffly beaten whites of 2 eggs and another cup of flour, add a teaspoonful of vanilla in which put 2 drops essence of almond. Fill greased cups two-thirds full and bake in a moderate oven about twenty minutes.

GINGER BALLS.

After creaming ¾ of a cup of butter and lard, equal quantity of each, gradually beat in 1 cupful light brown sugar, then 3 well beaten eggs. Add alternately 1 cupful of molasses mixed with 1 cupful lukewarm water and 3 cups flour with which 1 level tablespoonful each of ginger and soda and 1 teaspoonful of salt have been sifted. Bake in well buttered round muffin pans about twenty-five minutes.

RYE DROP CAKES.

Two-thirds cup rye flour, ⅔ cup flour, 1½ teaspoon baking powder, ½ teaspoon salt, 2 tablespoons molasses,

½ cup milk, 1 egg well beaten. Sift together thoroughly the flour, baking powder and salt. Add gradually the milk, then the molasses and the egg. Drop by spoonfuls into new hot fat, drain on brown paper and serve.

SOUTHERN STICKIES.

Cream together a cup of butter and a cup of sugar. Make pastry as for pies, roll thin and spread the mixture evenly over it. Roll up smoothly, cut in ¾ inch slices, lay flat in pan and bake until done. Cinnamon and spices added to sugar and butter is a great improvement.

GRANDMOTHER'S DOUGHNUTS.

This recipe is old-fashioned but never failing in success if properly followed:

To 1 cup of sugar add 2 teaspoons of butter, ½ a grated nutmeg and pinch of salt. Cream well together and add two eggs, beaten without separating yolks and whites. Add 1 cup of milk and about 3 cups of flour prepared as follows: Measure 1 quart of unsifted flour and sift twice with 2 teaspoons of baking powder. Use enough to thicken the batter sufficiently for rolling out and reserve the rest for dredging the board. Roll out ¼ inch thick and cut in pieces 3 inches long by 2 inches wide; make 4 1-inch gashes at equal intervals. Take up by running finger in and out of gashes and lower into deep fat when hot enough to brown a bit of bread in sixty counts. The dough should be as soft as can be handled. When cooked drain well on coarse, porous paper. When cooled roll in powdered sugar and place in a covered stone jar.

GAINESVILLE DOUGHNUTS.

One pint sour milk, 1 teaspoonful soda, salt, nutmeg, 1 egg, ¾ cup granulated sugar, 3 tablespoonfuls butter; flour enough to roll out; fry in deep fat and roll in powdered sugar.

PETERSBURG DOUGHNUTS.

One cup each, sugar and milk, 1 egg, butter, size of an egg, 1 large teaspoon baking powder, flour to make

soft dough, nutmeg or other spice to taste; knead and roll soft as possible.

SOUR MILK DOUGHNUTS.

One cupful of sugar, 2 tablespoonfuls of melted lard, 1 pint of sour milk, pinch of salt, one level teaspoonful of soda, a little nutmeg if liked, and flour enough to roll. Cut with a doughnut cutter and fry in plenty of boiling lard.

DOUGHNUTS.

Three cups of sugar, ½ teacup of butter, 4 eggs, 1 cup milk, ½ nutmeg, 2 teaspoonfuls baking powder sifted into 2 cups of flour; add flour enough to make it roll nicely.

BUNS.

One lb. flour, 1 pinch salt, 2 oz. fresh butter, 2 oz. candied orange peel, chopped fine, ¼ lb. currants, ¼ teaspoon allspice or cinnamon, ¾ pint milk, warmed, 3 oz. sugar, ½ yeast cake, dissolved in 3 tablespoonfuls of warm water. This amount makes 17 buns.

KING'S MOUNTAIN FRITTERS.

One pint flour, 1 pint boiling water, 1 teaspoon salt, 4 eggs. Stir the flour into the boiling water, by degrees, stirring constantly while it boils 3 minutes. It must be smooth like paste; let this cool, then add the yolks of eggs; drop in hot fat and cook a light brown. Serve with powdered sugar or sweet sauce.

GERMAN COFFEE CAKE.

One cake compressed yeast, dissolved in ½ a cup of milk, a pinch of salt and tablespoonful sugar; put in warm place to rise; 1 qt. milk, ½ lb. butter, scant cup sugar, 1 teaspoonful cinnamon; dissolve the above in the milk; make a hole in the centre of the flour and put in the yeast and stir in gradually the contents of the milk bowl; add three well beaten eggs; don't have the dough too stiff, just stiff enough to roll on a well floured board.

APPLE CAKE.

Grease pan well; line with dough same as for German coffee cake; roll thin and let rise ten minutes; press a rim of the dough all around the pan; pare, core and quarter the apples; lay in rows on the dough and sprinkle bountifully with sugar and cinnamon and pieces of fresh butter.

CANDY

"Sweets to the sweet."

UNCOOKED CANDIES.

These are very easy to make, but on account of the confectioners' sugar used in making them they are not quite as digestible as those made of the cooked fondant. Even so, however, they are much better than many of the candies bought in shops, and never go begging. To make the cream break into a bowl the white of 1 or 2 eggs, add to them an equal quantity of cold water—a good way to measure is a half eggshell full for each white—then stir in confectioners sugar, a little at a time, until stiff enough to mould into shape with the fingers. Divide into different portions. Flavor some with a few drops of vanilla, being careful not to make the flavoring too pronounced; some with orange, some with peppermint, some with wintergreen, and some with lemon. Then form into balls, cubes or lozenge shapes, lay on plates or waxed paper and set aside to dry.

WALNUT CREAMS.

Make a ball of the cream as directed above, and place a half nut meat upon either side of the ball, pressing it into the cream. Set aside a few hours to dry.

CHOCOLATE CREAMS.

Mould some of the vanilla flavored cream into cone shape forms, and when hard melt some chocolate in a basin of water set in another basin of water. Take the creams, one at a time, on the point of a darning needle and dip in the melted chocolate. Roll until well covered, then slip from the needle upon waxed paper to harden. This may be repeated after the first coat has hardened.

CREAM CHERRIES.

Make a small round ball of the cream, cut a piece of citron in a tiny strip the size of a cherry stem, and put

the ball of cream upon it. Take a cherry glace, cut in two, and put one-half on each side of the ball on the stem. These are very pretty.

CREAM DATES.

Take perfect dates and with a sharp knife open one side and remove the stone. Take a piece of the cream and wrap the date about it.

FIG CREAMS.

Cut fresh figs into four or five strips. Roll a piece of the cream in a long roll in the palm of the hand, then cut lengthwise with a knife. Slip into the cream roll one of the strips of fig and roll the cream about it.

PEPPERMINT CREAM.

Flavor some of the cream quite strong with peppermint, then shape into round, flat forms, not too large.

WINTERGREEN CREAMS.

Flavor some of the cream with wintergreen and color pink with cochineal syrup, then form into lozenges.

FRENCH CANDY.

Whites of 2 eggs, equal amount of water, 3 pounds confectioner's sugar. Sift sugar, mix in with the eggs and water, stirring well. When you have nearly all the sugar in, knead smooth on a board. Mould into different forms, using dates, figs, walnuts, almonds, etc., with the cream. Chocolate may be made by using melted chocolate to cover the outside.

CHOCOLATE CARAMELS.

Put into a kettle, 1 cupful of molasses, 1 cupful of brown sugar, 1 cupful of milk, 2 teaspoonfuls of butter and 1 tablespoonful of glycerine. Cook rapidly, watching that it does not boil over. As soon as it turns waxy when dropped in cold water, add a cupful of grated chocolate and cook until it is brittle, when a little is dropped in cold water. Pour into buttered pans and when almost cold mark into squares.

CARAMELS.

One cupful of cream, 2 cupfuls of granulated sugar and ¼ lb. of chocolate. Boil the mixture until it spins a thread or until it forms a soft ball when dropped into cold water. Turn into a buttered pan and mark in caramel squares before it is cold.

CHOCOLATE CARAMELS.

Two cupfuls of molasses, 1 cupful brown sugar, 1 cupful of cream or milk, ½ lb. chocolate, piece of butter size of an egg; beat all together; boil until it thickens in water; turn into large flat tins, well buttered. When nearly cold, cut into small squares.

CHOCOLATE CARAMELS.

Cream together 1 cupful of molasses, milk and sugar, with ¼ lb. of grated unsweetened chocolate and a cupful of butter; then boil until a little of the candy put in ice water will crack. Pour into buttered pans and mark into squares with a greased knife.

CHOCOLATE CARAMELS.

Half a pound of chocolate, ½ cup of milk, 2 cups of light brown sugar, 1 cup of molasses, and a piece of butter as big as a small apple. Cook for twenty minutes, stirring constantly. Pour into a pan and cut into squares.

CHOCOLATE CARAMELS.

One-quarter pound of chocolate, 4 cups sugar, 1 tablespoon butter, ¾ cup of sweet milk. Boil until it threads in cold water. Pour on buttered tins and mark off in squares before it gets cold.

CHOCOLATE CARAMELS.

Two cups of brown sugar, 1 cup molasses, 1 cup grated chocolate, 1 cup boiled milk, 1 tablespoon flour, butter size of large walnut. Boil slowly, pour on flat greased tins to cool. Mark off in cubes while warm.

SOFT CHOCOLATE CARAMELS.

One pint brown sugar, 1 pint white sugar, 1 cup milk, scant 4 squares chocolate, 2 teaspoonfuls vanilla, butter

size of hickory nut. Put in the butter as it boils and the vanilla after it is done. Stir and cook till it balls in water. Beat and stir till it grains, then turn into a tin.

BROWN SUGAR CARAMELS.

Two cups brown sugar wet with ½ cup milk, 1 tablespoon butter, ¼ lb. chopped nuts or ½ cup. Boil until gummy. Beat until creamy, drop in small cakes on greased plates.

MAPLE CARAMELS.

Boil 2 cupfuls of maple sugar, 1 cupful milk and 1 cupful of cream until the syrup when dropped into cold water, will form into a soft ball. Turn it into a buttered shallow pan, and before it is cold mark it in squares.

ST. MARY'S SUGAR CANDY.

3½ cups sugar, ½ cup vinegar, ½ cup hot water. Boil without stirring till it threads, then pour on a marble slab that has been well buttered. Chop a piece of butter size of an egg over it and a teaspoon of flavoring. Pull as quickly as possible to handle it.

CONVERSE FUDGE.

Three cups of sugar, 1 cup of milk, ½ cup of butter, 2 ounces of grated chocolate. Cook until it forms a soft ball in water, stirring constantly. Take from fire and beat until it begins to thicken. Pour on a buttered dish and cut into squares.

COLLEGE GIRLS' FUDGE.

Four ounces of chocolate, lump of butter size of an egg, 2 heaping cupfuls granulated sugar, ¾ cup of sweet milk; mix and boil ten minutes. Take from fire and stir until it begins to harden. Add vanilla and chopped nuts. Turn into buttered tins and cool.

WINTHROP MAPLE FUDGE

One pound of maple sugar and ½ pint of milk (cream is better). Put the mixture over the fire and boil for eight minutes. Then add 2 teaspoonfuls of butter and cook until a little dropped in cold water is brittle. As soon

as it comes from the fire stir until it begins to grain. Then turn into buttered shallow pans. Mark in squares before it is cold.

MARSHMALLOW FUDGE.

Two cups of granulated sugar, ½ cup of milk, 4 tablespoonfuls of heavy cream and a small piece of butter. Let boil for ten minutes, stirring all the time. Then add 1 square of chocolate and 1 tablespoonful of cocoa. Stir quickly for two minutes. Take from stove and set in a pan of cold water and beat until quite thick. Then add 1 cup of chopped marshmallows, pour on a buttered tin and cut in squares. An agreeable change from nuts.

MARSHMALLOW FUDGE.

One-half cup of grated chocolate, 3 cups of sugar, 1 tablespoonful of butter, 1 cup of milk. Mix well; put on a slow fire until it begins to boil. Then let it boil hard for five minutes. Just before taking it off beat in a few marshmallows. After taking it off, add 1 teaspoonful of vanilla and beat until it begins to cream. Pour into buttered pans and cut into squares.

SALEM CHOCOLATE FUDGE.

Heat 2 cups sugar and ⅔ cup of milk to boiling point, add 2 squares of chocolate and stir constantly until chocolate is melted. Boil eight minutes, add 3 level teaspoonfuls butter and boil seven minutes, remove from the fire, add 1 teaspoonful of vanilla and beat until the mixture is creamy. Pour into buttered pans, cool slightly, then mark in squares.

CREAM WALNUTS.

One pound of white sugar, ½ teacup of water; put on the range and boil until it threads—that is, until it falls from the spoon in threads—flavor well with vanilla, remove from the fire and stir until white and creamy. When cool enough to handle, roll into balls, press walnut halves into the sides, and drop into granulated sugar, shaking violently for a second or two.

MOLASSES CANDY.

Recipe No. 1—One pint of molasses, 6 tablespoonfuls of white sugar, boil until it becomes so thick that you can scarcely stir it. Then put in ½ teaspoonful of soda and quickly stir it until it gets light and frothy. Pour on a buttered dish and let stand for a few minutes in a cool place.

Recipe No. 2—One cupful of New Orleans molasses, 1 cupful granulated sugar, 1 dessertspoonful of butter, 1 teaspoonful of baking soda. Put the molasses and sugar on to cook together. When it boils add the butter and vinegar, and when it will harden when dropped in cold water, add soda and any flavoring desired. Stir briskly and pour on buttered plates to cool. Then pull until white.

MOLASSES NUT CANDY.

Boil 2 cupfuls of molasses, 1 cupful of granulated sugar, 1 tablespoonful of vinegar and ½ teaspoonful of butter until the syrup is brittle when dropped into cold water. Add 1 saltspoonful of baking powder, and as soon as the frothing ceases, turn in a cupful of nut meats. Pour into buttered shallow tins or platters. Break the candy when it is cold.

OLD FASHIONED MOLASSES CANDY.

1 gallon molasses, 1 pint of water. Boil moderately in a vessel holding not less than 3 gallons. Stir briskly all the time. When it gets to a pudding like consistency test it in water. If it gives a decided crackle and does not stick to the teeth, it's done. Just before removing from fire stir in ¼ lb. butter. Turn out on greased plates and cool as quickly as possible. Pull until stiff, flavoring during this process with lemon or vanilla.

CREAM PEPPERMINT DROPS.

1 cup granulated sugar, 3 tablespoons water. Boil until it strings or ropes. Remove from fire and add 5 drops of oil of peppermint. Beat until cool enough to drop. Double this quantity makes about ½ lb. Color to suit taste with vegetable coloring. Oil of wintergreen may be used instead of peppermint.

MINT TABLETS.

2 cupfuls of sugar, ¾ of a cupful of water and as much cream of tartar as can be lifted on the end of a case knife are boiled together until the syrup forms a soft ball, when it is dropped into water. 3 drops of oil of peppermint are then added and the syrup is stirred until it grains. While it will still run from the spoon it is turned into tiny buttered patty tins.

CHOCOLATE ALMONDS.

Select good Jordan almonds and blanch by pouring boiling water over them. Let them stand covered for ten minutes, until the skins of the meats will slip off readily when rubbed between the thumb and forefinger. Dry these blanched nuts with a coarse towel, so as to absorb any moisture. Break some sweet chocolate into small pieces, put into a bowl and stand over the fire in a pan of boiling water until melted. Flavor with a few drops of vanilla or a tiny bit of cinnamon. Take a darning needle or hat pin and scour thoroughly with Sapolio or bath brick, then put a blanched nut on the point and dip into the melted chocolate. When coated all over, lay on a piece of oiled paper to cool and harden. When the chocolate is firm the meats may be again taken up with a pin and redipped in the chocolate if you wish them thickly coated.

CHOCOLATE MARSHMALLOWS.

Take some ordinary marshmallows and wipe free from corn starch. Cut into halves, dip in the melted chocolate, then set away to harden.

CHOCOLATE LOZENGES.

Put 2 cupfuls of sugar, 1 cupful of water and 1 teaspoonful of lemon juice into a saucepan; stir until the sugar is melted and boil until the syrup forms a sticky ball when dropped into cold water. Take from the fire, and when cool stir until the mixture is white and hard; add ¼ of a pound. of melted chocolate, 1 teaspoonful of vanilla and 2 tablespoonfuls of water. Stand the pan

in another pan partly filled with hot water and stir continuously until the mixture is soft and smooth; add water, a teaspoonful at a time, if the mixture will not pour. Pour on greased tins or oiled paper, or in greased patty-pans. It will harden quickly.

NOUGAT.

Blanch and cut in halves one-half pound of almonds, lay them on paper and place in an open oven to dry. Melt half a pound of sugar in a double boiler without adding water. Stir the sugar constantly until it boils, then remove it from the fire and stir in the almonds. Butter and warm shallow pans. Pour the mixture into them and cut in squares while warm. When cold wrap in waxed paper.

FRUIT NOUGAT.

Cut dates, figs and raisins and some candied fruits if they are wanted, into bits and arrange them in alternate layers in a buttered shallow pan. Put 2 cupfuls of granulated sugar into a pan over a quick fire, and stir until it is melted. Turn this over the fruits very slowly and evenly, using only enough to hold them together. Before the mixture is cold, cut it into small bars. Nut nougat may be made in the same way.

NAMELESS CONFECTION.

Two cupfuls each of brown sugar and pecan meats. Bring the sugar, with cream enough to keep it from burning, to a boil and add a tablespoonful of vinegar. Boil until the syrup spins a very light thread. Then turn in the nuts and stir until it grains. Drop by teaspoonfuls on a buttered tin or waxed paper.

ITALIAN FUDGE.

That is what a family that passed a recent winter in Florence, Italy, facetiously call the confection which they learned there to make. A cupful of honey, a pound of chopped almonds, half the quantity of chopped pecans, a saltspoonful of powdered cinnamon and a quarter of a pound of chocolate are boiled until the mixture is thick.

It is then turned into a buttered tin. When it is cool it is rolled into a sheet on a board sprinkled with powdered sugar, and is cut into blocks. The blocks are set in the oven for a short time to dry.

TURKISH DELIGHT FOR NEW YEAR'S.

Break an ounce sheet of gelatine into pieces and soak for two hours in a half cup cold water. Make a syrup of 2 cupfuls granulated sugar and ½ cupful of cold water, When it boils add the gelatine and cook steadily twenty minutes. Flavor with the juice and grated yellow rind of 1 lemon and 1 orange. Have ready a square tin, wet with cold water. Turn in the candy until it is one-half inch in depth and set in a cool place. As soon as it has jellied, cut in inch squares and roll in confectioner's sugar. A few chopped almonds or pistache nuts make a pleasing addition, and a few drops essence of rose makes it more strictly Turkish.

FRUIT ROLL.

For a New Year's candy, clean ½ pound of seeded raisins; cut ¼ of a pound of figs into strips; cut 2 ozs. of candied cherries into halves and 1 oz. of candied pine-apple into dice. Break ½ cup each of English walnut and hickory nut meats into halves; blanch ½ pound of almonds and toast them in the oven until a delicate brown. Mix fruit and nuts. Butter the inside of a granite saucepan, add 1 lb. of sugar and ⅓ of a cup of water, stir until creamy; then add ⅓ of a cup of cream and a piece of butter the size of a walnut. Heat gradually to boiling, stirring constantly until the sugar is dissolved, then boil without stirring until a soft ball is formed in cold water; remove at once from the fire, stand in a pan of cold water and when lukewarm beat until creamy. Now stand in a pan of boiling water over the fire and stir constantly until melted, then flavor with vanilla, and add fruit and nuts, mixing thoroughly. Mould in a long, thin roll. To shape more perfectly, wring a napkin very dry out of hot water, placing the roll on this and twist in opposite directions.

Stand aside a day or longer and when desired for use, cut into thin slices.

MISS B.'s GLACE NUTS.

1 lb. granulated sugar, ½ pint water, 1 pinch of cream of tartar. Stir ingredients well together before setting on the fire. After it comes to a boil, boil about 15 minutes over a brisk fire without stirring, being careful not to let it burn. Boil until the syrup turns brittle in cold water. Have each nut pierced with a toothpick ready to dip in the syrup. Remove pot from the fire, dip one nut at a time, working quickly and set them an inch apart on a marble slab greased with olive oil. Remove toothpicks carefully while nuts are cooling. When nuts are thoroughly cold take up with a flat knife and set away in a dry place. Be sure to select a clear, dry day or the glace will not be a success. Cherries, dates, raisins, etc., can be used instead of nuts.

HICKORY NUT CANDY.

To 1 cup of hickory nuts, or any other nut preferred, take 2 cups of sugar, a few drops of vinegar, 3 tablespoonfuls of water, ¼ lb. butter. Let this mixture come to a boil, then put in the nuts and cook 15 minutes, stirring all the time. Pour in greased dishes and block in squares. If the nuts seem very oily use less butter.

GRILLED ALMONDS.

Blanch a cupful of almonds, dry thoroughly; boil 1 cupful of sugar and ¼ cupful of water, until it threads; then throw in the almonds; then let them fry, as it were, in this syrup, stirring occasionally. They will turn a faint yellow brown before the sugar changes color; do not wait an instant, once this change of color begins, or they will lose flavor. Remove them from the fire and stir them until the syrup has turned back to sugar and clings irregularly to the nuts. These are grilled almonds and you will find them delicious to alternate at dinner with the salted almonds, now so much used.

SUGARED PEANUTS.

Shake blanched nut meats over the fire in a little butter until they are well coated. Then sprinkle them with fine sugar and let them dry. Some persons roll the peanuts in the beaten white of an egg and then in sugar. They will need at least a day in which to dry.

PEANUT BRITTLE.

1 coffee cupful of sugar. Put in frying pan and shake vigorously over hot fire until sugar is dissolved, add ½ cupful of chopped peanuts, shaking briskly. Be careful not to burn peanuts.

POPCORN BALLS.

Boil 1 pint of extracted honey in a frying pan until very thick, then stir in freshly popped corn, and when cool form into balls, and when dry wrap in paraffine paper.

HONEY CANDY.

One pint of white sugar, water enough to dissolve it, and four tablespoonfuls of honey. Boil until it becomes brittle on being dropped into cold water. Pull when cooling.

BUTTERSCOTCH.

Boil 1 cupful molasses, ½ cupful of sugar, ½ cupful of butter and ⅓ cupful of water, until a bit dropped into cold water is brittle. Turn into shallow buttered pans. This will have to be broken, not cut.

MARSHMALLOWS.

After soaking 4 ozs. of powdered gum arabic in 1 cup of cold water for 2 hours, put it into a double boiler, having cold water in the outer vessel, and allow it to come to the scalding point. When the gum is dissolved, strain it through cheese-cloth and return it to the boiler with 1⅓ cups of confectioner's sugar. Stir continuously until the mixture is white and stiff. Remove from the fire, heat for 1 minute, flavor with ½ teaspoonful of vanilla and beat again. Turn out into tins floured with cornstarch and mark into squares when cool. Mix together three parts

of cornstarch with one part of confectioner's sugar and roll the squares in it. These may be kept for some length of time if packed in a tin or pasteboard box lined with oiled paper.

MAPLE CREAM CANDY.

Boil together 1 cupful of thick, sweet cream and 3 cupfuls of grated maple sugar. When a few drops of the syrup dropped into cold water will harden take it from the fire and beat with a fork until it has the consistency of thick cream. Pour into buttered tins and mark into squares when cool.

COCOANUT CREAM CANDY.

½ pint of milk, 3 cups sugar, 1 cup cocoanut, 1 spoonful butter, 2 teaspoonfuls vanilla. Boil slowly till stiff; stir constantly. When done it will be light brown. Pour in buttered pans.

CHEESE

"Bachelor's fare: bread and cheese and kisses."

MELTED CHEESE.

Prepare by grating 1 pound of cheese into a saucepan adding a teaspoonful of salt, a teaspoonful of Worcestershire sauce, a dash of pepper and a half cupful of water. Have ready a hot platter covered with slices of toasted bread. Stir the cheese mixture until thoroughly melted. Pour over the toast and serve at once.

CHEESE FONDUE.

Grate or chop fine 1 pound of soft American cheese. Beat 4 eggs. Add a ½ cupful of milk or water to the cheese and a level teaspoonful of salt and a dash of red pepper. Stand over the fire, heat gently, stirring all the while; when the cheese begins to melt, beat rapidly. Pour at once over slices of toasted bread in a heated dish and serve as quickly as possible.

GOLDEN BUCK.

Grate or chop 1 pound of Welsh rarebit cheese and put into a saucepan with a level teaspoonful salt, a teaspoonful of Worcestershire sauce, a teaspoonful grated horse-radish, a dash of cayenne, a gill of water or milk, and stir over the fire constantly until you have a smooth, creamy mass. While you are making this have some one poach the eggs. Arrange neatly on the platter squares of toasted bread, pour over a small amount of the melted cheese and quickly cap each one with a poached egg. Dust lightly with salt and pepper, and send at once to the table.

WELSH RAREBIT.

Welsh rarebit may be made by grating or chopping 1 pound of cheese. Put into a saucepan six tablespoonfuls of water or ginger ale, or, if you prefer it, cider; add the

cheese, a level teaspoonful of salt, a dash of cayenne, a teaspoonful of onion juice, and rub the spoon which you are using with a clove or garlic. Stand the saucepan over the fire and stir constantly until it becomes a smooth, creamy mass. Pour at once on pieces of toast placed on a hot platter, and serve.

RALSTON CHEESE SOUFFLE.

One-fourth cup Ralston Health Food, 3 eggs, ½ cup grated cheese, 1 cup milk, 1 tablespoon butter, ⅓ teaspoon mustard, cayenne pepper and salt to taste. Cook Ralston and milk 5 minutes; add butter, yolks of eggs, mustard, salt, cayenne and cheese. Then fold in carefully the beaten whites of eggs. Pour in a greased baking dish and bake in a quick oven 30 minutes.

CHEESE SOUFFLE.

Scald 1 cup of milk, pour it over 1 cup of stale bread crumbs, add ¼ lb. cheese, grated; add ½ tablespoonful butter and the beaten yolks of 3 eggs; cut and fold in the whites of the eggs; add ½ teaspoonful salt, turn into a buttered baking dish and bake 20 minutes. Serve immediately. A nice dish for tea.

CHEESE RAMAKINS.

Put 2 ounces of stale, not dry bread, into 1 gill of milk. Stir over the fire until smooth and hot. Take from the fire. Add the yolks of 2 eggs, a tablespoonful of butter, two tablespoonfuls of ordinary cheese, grated, 2 tablespoonfuls of Parmesan or sapsago, ½ a teaspoonful of salt and a dash of red pepper. Fold in the well-beaten whites of 3 eggs and fill into small paper cases or individual moulds. Bake in a quick oven for 5 or 6 minutes.

CHEESE CUPS.

Cheese cups are made by moistening 4 tablespoonfuls of flour with a little cold milk, adding ½ a pint of hot milk and stirring this over the fire until it is smooth and thick. Take from the fire. Add 6 tablespoonfuls of ordinary cheese grated, ½ a teaspoonful of salt and a dash

of pepper. Add the yolks of 4 eggs and stir over the fire for a moment, then fold in the well beaten whites of the eggs. Fill into greased custard cups, stand in a baking-pan filled with boiling water and bake for 15 minutes. Serve hot.

CHEESE PUDDING.

Cheese pudding is made by placing 2 slices of toasted bread in the bottom of a baking-dish, then a layer of grated cheese an inch thick, another of toast, then cheese, then toast. Pour over this ½ a pint of milk and bake in a quick oven for thirty minutes. Serve at once.

CHEESE OMELET.

Mix 2 cups of grated cheese, ½ cup of sweet milk, butter size walnut, and 2 eggs; beat eggs very light; bake in baking dish; salt and pepper to taste.

CHEESE PUFFS

Are made from the puff paste rolled out very thin, spread with a cup of very tasty grated cheese, Parmesan being oftenest used, folded over, rolled again, and cut in pieces about an inch wide and four inches long. These are laid on a baking tin, brushed with white of egg, and baked till a delicate brown.

CHEESE NUTS.

Either almonds or English walnuts may be used; if the former, they should be blanched and slightly toasted. Place layers of chopped nuts in the pan, alternately with layers of grated cheese and grated bread crumbs; season with butter, salt and pepper; soften with boiling water, and bake twenty minutes. The boiling water melts the cheese more readily than milk. This dish is delicious served with toasted crackers and hot coffee.

CHEESE DISHES TO SERVE WITH SALAD.

Deviled crackers are exceedingly nice to serve with salads. Cover the top of the crackers with finely grated cheese, using a mixture of plain and Parmesan. Put in the centre of each cracker a teaspoonful of tomato ketchup

and a dusting of salt and pepper. Place in a baking-dish, in a quick oven, until the cheese is melted and the crackers crisp. The crackers should be served hot.

CHEESE CRISPS TO EAT WITH SALAD.

Butter salted wafers, ever so lightly, then spread with a mixture of grated cheese, a speck of mustard and a dash of tobasco sauce; toast in the oven and serve hot.

CHEESE SANDWICHES.

For cheese sandwiches use soft grated cheese or thin slices of Schweitzer or Camembert, or grated Parmesan or sapsago. Cut either brown or white bread thin, butter it lightly, put in the cheese, cover with another slice of bread, press together and cut into all sorts of fancy shapes.

CHEESE STRAWS.

Cheese straws, to serve with the salad course, are made by mixing ½ a cupful of stale, not dry, breadcrumbs with 2 tablespoonfuls of flour. Make a well in the centre, into which put the yolk of 1 egg and 6 tablespoonfuls of soft grated cheese. Work the egg and the cheese together and sprinkle over them ½ a teaspoonful salt, a dash of red pepper, and begin to work in gradually the crumbs. If too dry and hard add a tablespoonful of ice water. Roll into a very thin sheet, cut the strips the width of a straw and 5 inches long, place on a paper in the bottom of a baking-pan and dry in a moderate oven.

CHEESE STRAWS.

Half pound sifted flour, ¼ lb. butter, ¼ lb. grated cheese, salt, mustard, cayenne pepper, just a little; mix well together and bind with 2 raw eggs. If too dry, add a little water; knead well and roll out to a quarter inch thick; cut into strips like straws, 5 inches long. Lay in baking-pan and brown delicately.

CHEESE STRAWS.

Two eggs, ½ lb. cheese, 2 tablespoons butter, mixed together; a little cayenne pepper, a little salt; add enough

flour to make a stiff dough. Roll thin, cut in strips, twist them and bake until a golden brown.

COTTAGE CHEESE.

You will be delighted no longer to be obliged to put the pan on the back of the range in making cottage cheese; this often makes the cheese tough and tasteless from uneven cooking. After the milk has become thick and quite firmly set, pass a knife through it, cutting the curd into inch, or half-inch squares to release the whey. Then pour in slowly and carefully, enough hot water to bring the whey a little above blood heat; not hot, for that cooks it too much. Move it gently with a spoon to insure even warming all through. Fifteen minutes will cook it sufficiently. Drain off the whey in a colander and press out with a spoon any that remains. Salt and butter to your liking, then pack away dry and for use, thin it with sour cream.

TO CREAM CHEESE.

Half pound cream cheese, yolks 3 eggs, 8 tablespoons milk; flavor with juice of ½ lemon, cayenne pepper, salt and mustard to taste; a teaspoon of Worcestershire sauce. Put on ice to harden.

COOKIES AND SMALL CAKES

"Some to be tasted, others to be swallowed and some to be chewed and digested."

1-2-3-4 COOKIES.

One cup butter, 2 cups sugar, 3 cups flour, 4 eggs, 1½ teaspoons baking powder, 2 tablespoons warm water. Cream butter and sugar; add eggs, not separated, then water. Lastly, flour and baking powder sifted together. Add flour in rolling. Cut with biscuit cutter ¼ inch thick. Do not pile together until cold.

PLAIN COOKIES.

One-half cup butter, 1 cup sugar, ¼ cup milk, 1 egg, 2 teaspoonfuls baking powder, flour to roll out thin. Cream the butter; add sugar, milk, egg beaten lightly, the baking powder mixed with 2 cups flour, then enough more flour to roll out. Roll a little at a time. Cut out, and bake in quick oven (about ten minutes).

OATMEAL COOKIES.

Three-quarters cups butter, creamed with 1 cup sugar, 2 well-beaten eggs, ¾ teaspoon of soda, with 2 cups flour, half a teaspoon salt, 1 teaspoon cinnamon and nutmeg, 1 cup of chopped raisins, 2 cups of uncooked oats. This must be mixed and pressed into shape, not rolled. Cook in a very moderate oven.

BUD'S COOKIES.

One cup butter and lard mixed, 2 cups sugar, 3 eggs, pinch of salt, 4½ cups flour, ½ cup thick sour milk, 1 teaspoon of soda, ½ teaspoon baking powder, 1 teaspoon lemon extract.

SPICE COOKIES.

One pound brown sugar, 1 pint molasses, 7 eggs—leave 4 whites for icing, 2 teaspoonfuls ginger, 2 teaspoonfuls cloves, 2 teaspoonfuls allspice, 2 teaspoonfuls cinnamon,

2 teaspoonfuls soda, flour enough to roll or drop. Sift flour into molasses and beat till light, when foaming add eggs and sugar, ½ lb. dates, ½ lb. figs, ½ lb. almonds, ½ lb. citron chopped fine.

FRUIT JUMBLES.

Three eggs, 2 cups of sugar, 1 cup butter, beaten to a cream; ½ cup milk, 3 cups flour, 3 teaspoonfuls baking powder, 1 cup currants, ½ nutmeg; beat all nicely together and spread in shallow pans (that have been buttered), ½ inch thick, and bake; cut in squares while warm.

LEMON SNAPS.

One pint lard, 1 pint of sweet milk, 2½ cups of sugar, 5 cents worth of baking ammonia, 5 cents worth of oil of lemon, 2 eggs, whites beaten separately, a pinch of salt. Roll the ammonia fine and let stand over night in the milk. Add enough flour to make dough stiff enough to roll thin. Cut and bake in hot oven.

GASTON GINGER SNAPS.

Mix 1 cup molasses, ½ cup melted lard or butter, 1 tablespoonful soda dissolved in 1 tablespoonful hot water, 2 tablespoonfuls of ginger, enough flour to make a dough; reserve enough to roll out. Cut into rounds and bake in a hot oven 12 minutes.

GINGER SNAPS.

One egg, 1 cup each of sugar, molasses, lard, ½ cup of warm water and 1 tablespoon of soda, ginger and spices. Flour to roll real thin. This makes a liberal quantity.

GRANDMOTHER'S GINGER SNAPS.

Rub ½ lb. of butter into 2 quarts of flour; add ½ lb. of brown sugar, 2 level tablepoonsfuls of ground ginger, and ½ saltspoonful of cayenne. Moisten this with a pint of good New Orleans molasses. Knead and roll thin; cut into rounds and bake in a moderate oven. This must be kept in a closed tin box in a dry place.

CHEAP GINGER COOKIES.

Boil together 1 cup Orleans molasses and 1 heaping

tablespoon of Snowdrift lard. Sift together 3 cups flour, 1 teaspoon soda, 2 teaspoons ground ginger, and good pinch salt. Stir in molasses and lard; work in enough flour to roll very, very thin. Bake in moderate oven. This will make about 100. If ginger is not liked use cinnamon instead.

WAFER GINGERBREAD.

One gill of molasses, 1 oz. ground ginger, ½ lb. brown sugar and 2 oz. butter. Mix together and spread on a greased tin. When baked turn with a knife and roll like wafers.

TILLMAN GINGER WAFERS.

One cup butter, 1 cup milk, 2 cups brown sugar, 4 cups flour. Warm butter and sugar lightly and cream together; add milk, ginger and flour. The mixture makes a paste like thick cream. Spread a thin coating of butter on the baking pan; let get quite cold, then spread on it the paste no thicker than a visiting card; bake in a slack oven and when done cut in 4 or 5 inch squares. A thimble will serve to cut a hole in the corner of each wafer, through which a ribbon is run tying together a dozen or so of the dainties.

SHREWSBURY WAFERS.

Beat 1 egg until light, and add gradually while beating constantly, ½ cupful of sugar; then add ⅔ of a tablespoonful of melted butter, ⅔ of a cupful of rolled oats, one-third of a cupful of shredded cocoanut, one-third of a teaspoonful of salt, and ¼ of a teaspoonful of vanilla. Drop the mixture by teaspoonfuls 1 inch apart on a thoroughly buttered tin sheet or inverted dripping-pan. Spread into circular shapes with a case-knife first dipped in cold water. Bake in a moderate oven until delicately browned. Remove from the pan while warm, using a sharp knife. Arrange on a fancy plate, covered with a doily.

LEXINGTON WAFERS.

One cup sweet milk, 1 cup of flour not quite so full as milk, 1 teaspoonful of butter and a pinch of salt, put a small spoonful on the iron.

SWEET WAFERS.

One tablespoonful of butter, 1 cup of sugar, 1 egg creamed together; add 1 cup of milk, 1 pint of flour. Flavor with vanilla. Have a very thin batter, if necessary add a little butter. Bake in wafer irons, and curl on a knife just as you take from the iron. Then sprinkle with pulverized sugar.

SWEET WAFERS.

One pint of flour, 1 teacup sugar, 3 eggs, 1 tablespoonful of butter, and flavoring. Make batter as for cake and bake in wafer irons.

PLAIN WAFERS.

One tablespoon butter, little salt, 1 pint flour. Make a very thin batter using water. Bake in wafer irons.

OLD FASHIONED SCOTCH CAKE.

Mix thoroughly with the hands ¼ lb. butter, ¼ lb. lard, ¼ lb. sugar; add salt and 1 lb. of sifted flour, using only the hands. When all are well blended put in a baking pan and pat down until about ½ inch thick. Bake in a moderate oven until the cake is a delicate brown. Remove from fire and let it stand a few minutes. Then cut into squares and turn the pan upside down. The cakes are very rich and slightly crisp.

CHARLESTON SCOTCH CAKE.

One lb. brown sugar, ¼ lb. butter, 1 lb. flour, ½ teaspoon cloves (ground). Mix sugar and butter to a cream, add cloves. Gradually stir in flour leaving out sufficient to flour the board. Pat out to ¼ inch thickness on biscuit pan. Bake in hot oven for 15 minutes. Cool moderately, cut in squares and remove before it gets cold. In cold weather add 1 teaspoonful of warm water or molasses.

SCOTCH CAKES.

One cup sugar, 1 cup butter, 2 cups flour. Rub butter and sugar together, then add a little flour. Cut with a tumbler and bake in thin sheets.

TEA CAKES.

Two lbs. of flour, 1 lb. of sugar, ¾ lb. of butter, 2 eggs, 2 teaspoonsful of cream tartar, sifted in the flour, 2 teaspoonsful of soda dissolved in the juice of 1 lemon. Take the whites of 2 eggs and put in a saucer (do not beat them) also have another saucer full of sugar, then as you cut them dip first in egg and then in sugar. Bake in a quick oven.

TEA CAKES.

Three eggs, ½ lb. butter, ½ lb. sugar, 1 teaspoon baking powder, lemon flavoring, flour enough to roll. Cut with biscuit cutter.

ENGLISH TEA CAKES.

Sift 1 quart of flour with 2 teaspoons baking powder, ½ teaspoon of salt, and 1 tablespoon of sugar; cut in 1 cup of butter and mix to a soft dough with ice cold milk. Handle the rolls as little as possible; do not allow them to touch, and bake in a very hot oven for ten minutes.

LINCOLN BUTTER CAKES.

One lb. butter, 1 lb. brown sugar, 1 lb. flour, 2 eggs, 1 oz. cloves (ground), 1 oz. cinnamon (ground), 1 nutmeg (grated), 1 wineglass of brandy, ¼ lb. citron cut in small pieces. Cream butter, add sugar, then eggs, spices and brandy. Make dough with part of the flour, use rest gradually and for flouring the board. Roll out to ¼ inch thickness, cut out with a biscuit cutter, put a piece of citron on top of each cake and bake in a slow oven until brown. Keep cakes apart until cold.

TRIFLES.

Yolks of 2 eggs beaten with a pinch of salt. Mix in flour to a stiff dough, roll as thin as paper, cut in squares and fry in hot lard. Sprinkle with powdered sugar.

VICTORIAS.

To the whites of 7 eggs add a pinch of salt and whip until stiff and dry. Stir lightly into this 10 ounces by weight of sifted powdered sugar, 1 teaspoonful of vanilla and 8 ounces of pastry flour sifted twice. Turn into a

pastry bag and press out on slightly buttered pans in the shape of tiny lady fingers. Set aside for three hours in a cold place then bake in a moderate oven. Remove at once from the pans.

CURD CHEESE CAKES.

Take a cup of sour milk curd from which the whey has been carefully drained. Beat with it, 2 eggs, 1 pint of milk, a bit of salt, ½ cup of currants, a pinch of grated nutmeg, and 2 tablespoonfuls of sugar. Mix well. Line tart tins or patty pans with puff paste rolled out thinly. Fill with the mixture and bake in a hot oven till nicely browned.

PECAN STICKS.

Dip ½ cupful of pecan meats into hot water for 2 or 3 seconds, drain, and when cool enough to handle, brush with a clean stiff-bristled vegetable brush to remove the bitter skin. Chop and add with the flour to the following batter: without separating whites and yolks, beat 2 eggs very light, adding gradually ½ cup of sugar, 1 tablespoonful of melted butter and ½ cupful of sifted flour. Bake in a quick oven in buttered pans such as are used for lady-fingers, being careful to put but a small portion of the batter into each section, as the cakes should be very very thin when baked.

GERMAN CHRISTMAS CAKES.

No tree among the German little folks is complete without many different little cakes or "kuchlein." The baking of these delicious cakes for the Christmas tree is begun weeks before Christmas and seems a custom that almost wholly belongs to Germany. They are not difficult to make, as the following recipes prove:

ZUCKER-KUCHLEIN (Little Sugar Cakes).

Three whole eggs, 1½ cupfuls of powdered sugar, 1½ cupfuls of flour. Beat the eggs and sugar together until very light. Sift in the flour slowly, stirring all the time. Butter a large, flat pan and drop on it, with liberal spaces

between, heaping half-teaspoonfuls of the mixture. These bits will bake round. Bake in a moderate oven about ten or fifteen minutes.

MANDEL-KUCHLEIN (Almond Cake).

One-half lb. of powdered sugar, ½ lb. almonds (blanched), 4 eggs, 1 piece of citron, ground cinnamon and cloves to taste, 1 teaspoonful of soda, flour to make dough soft enough to roll. Beat the eggs and sugar together as light as possible. Add spices, almonds, and citron, chopped very fine. Put soda in dry with the flour. Mix thorougaly together. The dough should be stiff enough not to stick to the board. Roll out about ¼ inch thick, cut in fancy animal shapes and bake in hot oven.

PFEFFERNUSSE (Pepper-Nuts).

One pound flour, 1 pound sugar, 4 eggs, 2 ounces candied lemon peel, 1 nutmeg, 1 tablespoonful of cinnamon, ground, 1 teaspoonful cloves, ground, 1 teaspoonful of baking powder. Beat eggs and sugar together. Add baking powder and the spices and whip thoroughly. Add the flour and knead together on board. Shape into small balls and bake in a slow oven on buttered tins.

SPRINGERLE.

One pound powdered sugar, 4 eggs, 1 grated lemon peel, 1 pound of flour. Beat the eggs and sugar together until feathery. Add the grated lemon peel and flour, sifted. Mix all together and roll out on board until only one-eighth of an inch thick. Have small square wooden forms. (These forms have designs of swans, etc., stamped upon them.) Cut the dough into squares, dust the forms with flour and put the dough-squares into them to permit the design to become imprinted on them. Remove them from the forms carefully and lay on clean cloth on a table for 12 hours (or over night) to dry. Then lay them on buttered tins which have been strewn with anise-seed. Bake in moderate oven until about the color of a soda cracker.

CHOCOLADEN PLATZCHEN (Little Chocolate Cakes).

Heaping 6 ounces of powdered sugar, ¼ of a pound of grated sweet chocolate, 2 ounces of flour, sifted and dry, whites of 4 eggs. Beat the eggs as stiff as possible. Add the other ingredients rapidly. Drop from a teaspoon on to a well-buttered tin and bake in a moderate oven.

ANIS-KUCKLEIN OR ANIS-PLATZE (Anise-Seed Cakes).

One pound of powdered sugar, 7 whole eggs, 1 pound of fine, dry flour, 1 oz. of anise-seed. Beat the sugar and eggs until they are as light as they can possibly be made. The entire success of these cakes depends on this thorough beating. The flour should be perfectly dry; to insure this, it is well to warm it. Stir the flour and anise-seed into the egg mixture and mix all thoroughly together. Take a teaspoonful of the dough and drop on a buttered tin. These lumps of dough should be about the size of a walnut and should have liberal spaces between them on the tin. When dropped on the tin, take the forefinger and quickly shape the dough round. Set them in a warm place for several hours until the surface of the cakes is smooth and quite dry. Bake in very moderate oven until golden brown.

EDEN KUCHLEIN (Paradise-Cakes).

Two eggs, 1 cupful of sugar, ¼ pound of almonds, ¼ pound of chopped citron, ¼ pound of chopped candied lemon peel, 2 tablespoonfuls of strained honey, ½ teaspoonful of baking powder, 2 cupfuls of flour. Beat the eggs until very light and add the sugar; mix thoroughly. Pound the almonds to a paste after blanching them. Add them and the citron and lemon-peel, chopped fine, to the egg mixture. Then stir in the honey slowly and add the flour and baking powder sifted together. Bake in moderate oven.

COCOSNUSS-KUCHLEIN (Little Cocoanut Cakes).

One cocoanut, powdered sugar, white of 1 egg. Grate

the cocoanut and weigh it. Take ½ its weight of the powdered sugar. Beat the egg to a stiff froth and mix all thoroughly together. Drop on buttered tins and bake in a hot oven for 15 minutes.

NUSS-KUCHLEIN (NUT-CAKES).

Whites of 3 eggs, 1 pound of powdered sugar, 1 tablespoonful of flour, 1 teaspoonful of cornstarch, 1 pint of nuts—hickory nuts, or any kind—chopped fine. Beat the eggs to a stiff froth, add gradually the sugar, flour and cornstarch. Mix well and then add the nuts. Drop in spoonfuls on a buttered paper in a pan and bake in a moderate oven until a light brown.

DESSERTS

"An 't please, your Honour," quoth the Peasant,
"This same dessert is very pleasant."

FRUIT CREAM.

One qt. thick cream, 1 can sliced pineapple, 2 lbs. malaga grapes, whites of 3 eggs, 1 cup of sugar, 1 teaspoonful of vanilla. Whip the cream until very stiff, also the whites of the eggs and mix. Sweeten and flavor. Half fill a saucer with the cream into which the malaga grapes have been chopped; place on this a slice of pineapple; heap upon this more cream. This makes a pretty and palatable dish.

FRUIT SARABANDE.

Half box gelatine, ½ pint of cold water, ½ pint of boiling water, 1½ cups powdered sugar, 20 almonds, 2 lemons, 4 figs, 1 banana, 6 dates, 1 orange. Soak gelatine in cold water until soft, then dissolve in boiling water, add juice of lemons and sugar, let this stand until cool; when nearly thick, stir in banana cut thin, figs, dates, and orange all cut in small pieces; blanch almonds and chop nuts not too fine. Serve with whipped cream flavored with vanilla.

APPLE PORCUPINE.

Pare and core six apples; sweeten to taste and bake, using a little more water than usual. When tender remove to a platter and place in oval shape. Cook juice until it stiffens readily, then pour it over the apples, having flavored it with vanilla. When cold and stiff, stick over the apples, the back of the porcupine, blanched almonds (slightly browned), split and once divided. These are porcupine bristles and should stand up well; over this scatter, generously, shredded cocoanut; and over this the whites of 2 eggs beaten to a stiff froth, with 2 spoonfuls

powdered sugar. Have the surface rough, not hiding bristles, and brown all delicately in the oven.

APPLE SNOW.

Pare and core 6 good-sized apples and steam them in 2 tablespoonfuls of water with a little lemon peel until quite soft. Add ¼ pound of finely sifted sugar, let cool, and whip in whites of 2 fresh eggs. Beat well without stopping to a stiff snow, and serve in custard glasses.

WITCH APPLES.

Bake large apples, from which the core has been removed, until soft, but not long enough to burst the skin. It is better to prepare half a dozen extra ones for emergency. When cooked, insert a marshmallow into the core space, put a cube or two of sugar on top and a few Marachino cherries, and when ready to serve turn over each a tablespoonful of brandy and light just as the table is reached. The brandy will burn with a ghostly blue flame and melt the sugar and marshmallows. Whipped cream served in a bowl is a favorite addition to the dish.

TAPIOCA DRESSING FOR APPLES.

Peel 4 apples and fill with sugar, bake until they burst; soak ½ cup of pulverized tapioca (while the apples cook), then sweeten to taste and pour over the baked apples.

PRUNE WHIP.

One pound prunes, 1 cup sugar, whites of 4 eggs, ¼ teaspoonful salt, same of soda. Soak prunes over night in just enough water to cover them. In the morning stone and boil in the water in which they were soaked until they form a thick paste, adding the sugar. When cool, mix thoroughly, with the whites of eggs beaten to a stiff froth, adding soda and salt; put in pudding dish and bake fifteen minutes, or until brown, in slow oven. Serve cold with whipped cream.

PEACHES AND CREAM.

Peel large, very cold peaches, cut them in two, lay

each half hole side up on a round piece of sponge cake. Mix into whipped and sweetened cream some finely minced almonds and pecans and cover each peach with a spoonful of this and garnish, if you have them, with candied cherries.

PEACH FOAM.

Pare and mash to a pulp required amount of peaches. Whip ½ a pint of cream, add 1 cup pulverized sugar. Arrange peaches in glass dish, cover with the cream and set on the ice to chill. Strew chopped almonds over top of cream before serving.

PECHES MERVEILLES.

Take some cold boiled rice and sweeten it with powdered sugar; mix a little cream with it. Open a can of peaches (previously placed on ice) and fill half a peach with the rice. Cover with another half peach and mask the whole with whipped cream sweetened. Serve with sweet wafers.

ORANGE DELIGHT.

Peel and remove the white skin from navel oranges. Separate the sections, dip each one in pink confectioner's sugar. Lay a border of split lady fingers in a glass plate, place the sections of orange in the centre, dust with more pink sugar and serve.

ORANGE FLOAT.

One quart boiling water, 1 cup of sugar, 4 tablespoons of corn starch; cook fifteen minutes. Take off, add juice of 2 lemons. Set aside, and when cool pour over it 3 or 4 oranges, either sliced or pulp taken out and sprinkled with sugar. Whipped cream on top is quite an addition.

SPANISH CREAM.

One-half box gelatine, dissolved in 1 pint of milk fifteen minutes before cooking; yolks of 3 eggs, 4 tablespoonfuls sugar, beaten and stirred into milk. Set the kettle into a pan of hot water and stir till it begins to thicken. Beat the whites to a stiff froth and stir in when taken from the fire. Flour and turn into moulds.

CHARLOTTE RUSSE.

Half package Knox's gelatine, 1 qt. rich cream, whites of 4 eggs, 1 teacup of granulated sugar, 1 wineglass of sherry, or any other wine. Dissolve the gelatine in ½ pint cold water; whip the cream until very stiff, likewise the whites of the eggs. Mix and slowly stir in the sugar, then gradually add the dissolve gelatine, whipping the whole vigorously with an egg.beater. It is best to do this mixing in a large ham-platter. If a color is desired, part of the mixture can be removed and the coloring stirred in, or it may be added to the whole. Place as quickly as possible into molds, before congelation commences. If the weather is cold this congeals perfectly in a very little while. If the weather is warm place in icebox close to the ice. This quantity will serve 8 persons.

PRINCESS DESSERT.

One-fourth box gelatine, ¼ lb. sugar, 1 pint cream, 2 tablespoons ginger, dates, almonds. Soak ¼ box gelatine in ½ cup milk until softened, then dissolve over hot water; add to it when dissolved ¼ lb. powdered sugar; have ready 1 pint of cream, that has been whipped, and mix with it carefully and lightly 2 tablespoons of preserved ginger that has been chopped very fine, and 2 tablespoons of the ginger syrup; chop ½ doz. dates as fine as possible and add to the cream, then add strained jelly as it is about to congeal and stir until well mixed. Then pour into mould, serve in a low flat dish and powder the top with almonds, chopped very fine, garnish with small flowers or green leaves and serve with lady fingers and macaroons.

TSARINA CREAM.

One pt. thick cream, 3 tablespoons powdered sugar, ¼ box gelatine, ¼ cup cold water, ½ cup chopped almonds, 4 tablespoons sherry, 1 teaspoon vanilla. Mode—Whip the cream to a solid froth and color a pale green; soak the gelatine in the cold water; when soft stand over hot water until dissolved; stir the sugar lightly into the cream;

strain the gelatine and when it thickens add gradually the sherry, then the vanilla and almonds. Turn into fancy cups for serving. Garnish with angelica.

MACAROON CREAM.

One-fourth box gelatine, ¼ cup cold water, 1 pint milk, yolks of 3 eggs, whites of 3 eggs, ½ cup sugar, ⅔ cup macaroon crumbs, 1 teaspoon vanilla, a few grains of salt. Soak ¼ box gelatine in ¼ cup cold water till soft; make a boiled custard of 1 pint milk, yolks 3 eggs, ½ cup sugar, salt and vanilla; pour while hot over the softened gelatine; then add ⅔ cup of macaroon crumbs and set away to cool. When it begins to congeal, add the whites of 3 eggs, beaten stiff, and thoroughly mix with the jelly. Serve with delicate cakes and wine jelly.

SNOW CREAM.

One qt. cream, whites of 3 eggs, 2 glasses sherry wine, 2 oz. sugar, peel of 1 lemon. Beat well the whites of eggs and add to them the cream. Stir well together and add wine, sugar and lemon; whip all together to a froth. Remove the peel and serve in a glass dish.

SNOW CUSTARD.

Half a package of gelatine, whites of 3 eggs, 1¼ cups of sugar, juice of 1 lemon. Soak the gelatine in a teacup of cold water; add 1 pint of boiling water, stir until thoroughly dissolved; add sugar and lemon juice; strain in a large dish and set aside to cool. When it commences to congeal, whip into it the well beaten whites, and beat until it becomes spongy. Serve with whipped cream.

PINEAPPLE SNOW.

Half box gelatine, 1 cup cold water, 1 pint boiling pineapple juice, 1 scant cup white sugar, 1½ lemons, 1 cup shredded pineapple, 1 large cup whipped cream, 2 small tablespoons pulverized sugar, ⅛ lb. candied cherries. Soak ½ box gelatine in 1 cup cold water until soft; then add sugar and boiling pineapple juice and stir until dissolved. Next add lemon juice and shredded pineapple; when

nearly cool, pour out in sherbet glasses and set on ice to stiffen; when ready to serve, take off of ice and pile whipped cream, which has been sweetened with pulverized sugar, on the pineapple gelatine; then place a candied cherry on top of this.

BOILED CUSTARD.

Half gallon sweet milk, 4 eggs, 1 cup sugar, 2 tablespoons corn starch or flour. Put the milk in a double boiler on the stove and bring to boiling heat, saving a teacupful to thin the yolks of the eggs, which have been well beaten with half of the sugar. Add the corn starch (or flour) to the yolks and sugar. Pour this gradually into the hot milk, stirring constantly. When this thickens or seems well cooked, pour it over the whites of the eggs which have been beaten to a stiff froth. Beat the remaining half cup of sugar in the whites just before the custard is poured in, as this prevents it from being lumpy. Stir until it is well mixed. Flavor to taste (4 tablespoons rye whiskey to each quart of milk is the most delightful). Serve in cups, with whipped cream on top.

QUEEN OF CUSTARDS.

Beat the yolks of 8 eggs and the whites of 6 to a froth; add 8 tablespoonfuls of sugar and beat again; then add 1 quart of milk and stir all together. Put into a double boiler and cook slowly until the custard clings to the spoon, stirring all the time. Add a few drops of vanilla and pour into a long stemmed glass. Beat the whites of 2 eggs to a froth. Boil ½ a cup of white sugar with 6 tablespoonfuls of water until it forms a thread, then pour over the beaten whites and beat until it is stiff enough to spread, then heap high on top of the custards.

CARAMEL CUSTARDS.

Early in the day put ⅔ of a cupful of granulated sugar in a clean frying pan. Stir over a moderate fire, using an iron spoon. As it heats the sugar will lump like tapioca, then gradually melt to an amber colored syrup; do not let

it become too dark or it will be bitter. Pour a portion of this in each small mold, or cup, turning the latter round until coated. Fill with a raw custard made with 2 tablespoonfuls of vanilla and bake in a very moderate oven. Turn out and serve icy cold.

LEMON SPONGE.

Juice of 2 lemons, 1 cup of sugar, 1 cup of water, 2 level tablespoons of flour. Taste; if not acid enough, add another lemon, as some lemons are juicier than others. Boil until thick. When cold, add the beaten whites of 2 eggs; use yolks of eggs for custard and pour over the sponge. Oranges can be used in place of lemons if desired. This quantity serves six.

ALMOND CHARLOTTE.

Take a sponge cake baked several days, crumble it up fine, put a layer of it in a glass dish, sprinkle over it a very little wine, then add a large handful of chopped almonds, then a layer of whipped cream, then a layer of cake and so on, until quantity is sufficient, leaving whipped cream on top.

SHREDED WHEAT BISCUIT WITH STRAWBERRIES.

Prepare berries as for ordinary serving. Warm biscuit in oven before using. Cut or crush oblong cavity in top of biscuit to form basket. Fill the cavity with berries and serve with cream or milk. Sweeten to taste. Peaches, blackberries, raspberries, blueberries, pineapple, bananas, and other fruit, fresh or preserved, can be served with shredded wheat biscuit in the same way.

PUFF PASTE.

Puff paste is used as the foundation for many dainties. The most expensive kind calls for 1 pound of butter and 1 pound of flour, but a very good puff paste is made from 1 pound of flour and 2 ounces of butter rubbed in, as much cream of tartar as will lie on a quarter; add the flour mixed to a smooth, not two stiff paste, with cold water. 10 ounces of butter from which the salt has

been squeezed is rolled into the paste, which is first rolled out in a large sheet, covered with little dabs of butter, about half of the 10 ounces being spread on, folded over, rolled again, the rest of the butter added, and then rolled over and over till the butter is thoroughly rolled in. This should all be done where it is cool, and when made the paste should be laid away for an hour or two until it is firm and hard. It forms the foundation for many good things.

COCOANUT BARS

Are made by rolling out puff paste into a thin sheet. This is spread with good jam or jelly. A second sheet is rolled and spread over the jelly. This is sprinkled thickly with cocoanut to which a little powdered sugar has been added. A third sheet of paste is placed over the cocoanut, and the whole is cut into bars. These are baked in a moderately hot oven. When hot, they are brushed over with a thin pink icing, and sprinkled lightly with finely shredded cocoanut. Walnut or almond bars are made by substituting these nuts for the cocoanut.

CREAM PYRAMID

Is made from narrow bars of puff paste baked and piled in pyramid form, each being joined together with a bit of icing. The inside of this pyramid is filled with whipped cream alone, or with fruit and whipped cream, or jelly and whipped cream. The sides of the pyramid are decorated with strips of bright-colored jelly.

LEMON CHEESE CAKES

Are made from puff paste filled with the following mixture: the juice and grated rind of 1 lemon, 1 egg, 1 tablespoonful of butter, 3 tablespoonfuls of sugar. Mix well, and stir over a slow fire till it thickens. It should be made before it is wanted and allowed to get cool before the tarts are made. It will keep a long time in a covered jar. The tins are lined with the paste rolled thin, and then a teaspoonful of the mixture is placed in

each, and the tarts baked till nicely browned. Sometimes a crust of bread is baked in the center of the tart, removed after baking and the middle filled with the lemon cheese or curd.

BANBURY PUFFS

Are a good substitute for mince pie, and easier to make. Puff paste is rolled out thin and cut in about four-inch squres. A tablespoonful of the following mixture is laid on each square, the corners of which are then folded over the paste, brushed with white of egg and the puffs baked in a quick oven. The mixture contains 1 tablespoonful of butter, 2 tablespoonfuls of currants, the juice and grated rind of ½ a lemon, 1 tablespoonful of sugar and a pinch of nutmeg.

PEACH PUFFS.

Roll puff paste out moderately thin, and spread over it thin slices of preserved peaches. Over the peaches spread a sprinkling of sugar. Cover the peaches with another layer of paste aud cut in bars. Brush over with white of egg, and sprinkle before baking with chopped almonds or walnuts, mixed with granulated sugar. Any kind of preserved fruit or jam may be used for these bars.

FRIED CREAM.

Scald 1 pint of milk in a double boiler with an inch stick of cinnamon. Mix together 1 tablespoonful of flour, 2 tablespoonfuls of corn starch, ½ cupful sugar, a pinch of salt and 2 eggs. Add the milk, stir and cook in double boiler until it is very thick, then cover and cook for fifteen minutes. Stir in 1 teaspoonful of vanilla and 1 teaspoonful of butter and turn into a buttered shallow pan. When firm cut in pieces, egg and crumb as for croquettes; fry brown and serve with powdered sugar or a sauce.

CUPS OF ANGEL'S FOOD WITH ICE CREAM.

Take an angel's food cake and cut it into cups and fill with a white ice cream, or with whipped cream mixed with chopped marshmallows and almonds.

DESSERTS FOR THE CHILDREN.

Common sense as well as the doctor's orders should make mothers refrain from giving little folks the rich desserts served to their elders. On the other hand, a certain amount of sweets is good for every child. Sugar properly presented is necessary to the health of the system, supplying it with heat and energy. For this reason, as well as to round out the child's chief meal of the day, a sweet dessert should be provided. The following will prove acceptable, as well as nourishing, when daintily served:

Split square sponge cakes lengthwise and hollow out each half. Spread the cavity with stewed prunes, freed from their pits, and beaten with a fork into cream. Over this put a meringue made of the white of an egg beaten stiff with pulverized sugar. Make little peaks in the meringue and brown with a salamander or under the flame of a gas broiler. Serve on a paper doily.

SNOW BALLS.

Boil 2 oz. of rice, 1½ pint of milk, a little vanilla flavoring and sugar; when the rice is quite soft, put it into little cups; turn it out when cold; put custard or cream around, and a little jam on top of each. These look pretty and are nice.

PRUNE FLOAT.

Stew 1 pound of nice prunes in water sufficient to cover well, and 1 cup sugar. When soft take out to cool and remove the stones. Mash very fine. Add the whites of 3 unbeaten eggs and beat until very light. Serve with cream.

ORANGE JELLY.

Dissolve 1 tablespoonful of gelatine in a little warm milk. Rub 2 lumps of sugar over the rind of an orange until well flavored, then put them into a bowl. Squeeze over them the juice of 2 oranges. Add 1 tablespoonful of

sugar and the yolk of 1 egg. Beat well, strain into it the dissolved gelatine and lastly fold in lightly ½ a teacupful of whipped cream. Mould in timbale form and when set serve in paper cups, ornamented with a bit of foliage.

JELLIED FRUIT.

Half box gelatine soalked in 1 cup of cold water, then pour 2 cups boiling water; add the juice of 3 lemons and 1 cup of sugar; after it cools, mix with it canned cherries and pears. When jellied cut in squares and serve with whipped cream.

EGGS.

"More is thy due than more than we can pay."—*Shakespeare*

BOILED EGGS.

Put them in cold water, and when it has boiled the eggs will be done, the whites being soft and digestible, as they are not when put in boiling water.

POACHED EGGS.

Drop them into boiling milk and season with pepper and salt. They may be served in sauce dishes with some of the milk.

EGG OMELET.

Six eggs, yolks and whites beaten separately; to the yolks add salt and pepper and 1 small teacupful of rich cream. Add the whites, cutting them in with a cooking spoon. Do not stir the mixture. Fry in half butter and half lard, having this hot before adding the eggs.

OMELET.

Take 3 tablespoons milk and a pinch of salt for each egg; beat the eggs lightly for 3 or 4 minutes, pour into a hot pan in which a piece of butter the size of a walnut has just been melted, cook 3 or 4 minutes, fold over and serve at once. Old cheese grated and added to plain omelet is a favorite dish. Cold boiled ham chopped very fine and spread over omelet before folding is very nice.

CHILI Y HUEVOS CON QUESO (Pepper Omelet With Cheese.)

Toast green peppers in the fire, remove the seeds and cut in small pieces. Have some hot lard in a saucepan, into which throw a handful of chopped onion and the same amount of tomatoes. The canned ones will answer. Pour in water, and when boiling break in as many eggs as liked. Put in the sliced pepper, and when on dish ready to serve, cover with grated cheese.

MACARONI OMELET.

Take 1 cupful of cooked macaroni, cut up fine; beat 6 eggs, season to suit taste, add 2 cupfuls of milk, 1 tablespoonful of flour, and 1 of butter. Stir all well together, pour into a hot, greased frying pan, and when well set, finish on the top grate of a hot oven.

SCALLOPED EGGS.

Boil 6 eggs 20 minutes; make 1 pint of white sauce; moisten 1 cup of cracker crumbs with ¼ cup of melted butter; chop fine 1 cup of any kind of cold meat; remove yolks of hard-boiled eggs and chop the whites; put a layer of cracker crumbs, a layer of whites, then layer of meat, layer of sauce, then a layer of yolks put through a ricer. Bake a golden brown, having crumbs on top. This quantity will serve 10 people.

SCALLOPED EGGS.

Mix equal parts minced ham and fine bread crumbs, season with salt, pepper and melted butter, adding milk to moisten till quite soft, half fill buttered gem pans or patty pans with this mixture, and break 1 egg carefully upon the top of each, dust with salt and pepper, sprinkle fine powdered crackers over all, set in oven and bake 8 minutes. Serve hot.

OMELET.

Six eggs, ½ teaspoonfu lof salt, 3 tablespoonfuls of milk, 1 tablespoonful of butter, separate the eggs and beat very light, add the salt and milk; have the pan very hot, put in the butter and pour in the egg; shake on the hottest part of the stove till the egg begins to thicken, then place on the grate in the oven until set; run the knife between the side of the omelet and pan, fold, and serve on a hot dish, and garnish with parsley. ½ teaspoonful baking powder may be sprinkled on the beaten whites if desired, and milk omitted.

BAKED EGGS.

Boil 6 eggs until well done, slice in small pieces; place in buttered pudding dish 1 layer of cracker crumbs

and layer of eggs until all is used, adding bits of butter to each layer. Pour 1½ teacups sweet milk over all and bake in a hot oven 10 minutes.

BAKED EGGS.

Break into a buttered dish the number of eggs required, being careful that each is whole and so placed as not to mix with the yolks of the others. Put upon each a small piece of butter, and sprinkle with salt and pepper. Bake in an oven until the whites are set, and then serve hot.

SWISS EGGS.

One coffee cupful of grated cheese, ⅓ cupful of cream, 2 tablespoons of butter, 1 teaspoonful made mustard, ½ teaspoonful salt or dash of cayenne. Butter a pie plate or shallow dish, spread the cheese on it, add the butter in small pieces; mix the salt, mustard and cayenne with the cream, and pour half of the mixture over the cheese, break the eggs into this, pour over them the remaining liquid, and bake 8 or 10 minutes.

BEAUREGARD EGGS.

Five eggs, 1 tablespoon corn-starch, five slices of toast, ½ pint of milk, piece of butter size of a walnut, salt and pepper to taste. Boil eggs 15 minutes, chop whites fine and rub yolks through a sieve, (do not mix); put milk on to boil; rub butter and corn-starch together, add to the boiling milk, then add whites, salt and pepper; butter toast and put on a hot platter, cover each slice with a layer of the white sauce, then a layer of grated yolks, then whites and again yolks. Sprinkle with salt and pepper, and set in oven a moment before serving.

CHARLESTON EGG TOAST.

Narrow strips of previously toasted bread are laid in a shallow pudding pan; next a layer of sliced whites of hard cooked eggs, then the toast; lastly, the yellows of the eggs riced through a potato ricer. Over all is poured a rich, highly seasoned cream sauce and the pan placed in a hot oven to brown.

EGGS AND TOMATOES.

Chop finely 2 ounces of smoked dried beef, freed from fat and outside skin. Add 1 cupful of tomatoes, ¼ cupful of grated cheese, a few drops of onion juice, and a little cayenne pepper. Melt 2 tablespoonfuls of butter, add mixture, and when heated add 4 eggs slightly beaten. Cook until creamy consistency, stirring constantly and scraping from bottom of pan.

SCRAMBLED EGGS WITH TOMATOES.

One-half tablespoon of butter, 1 teaspoon scraped onion, 1 cup of strained tomatoes, ¼ teaspoon of salt, ⅛ teaspoon white pepper, ¼ teaspoon sugar, 4 eggs, 3 slices of toast. Melt butter in sauce pan, add onion, tomatoes and the seasoning; cover and cook 5 minutes; set back from fire. Then add eggs beaten with a fork, break into large curds as they cook, remove and serve on the bread toasted to a light brown.

EGG BALLS ON TOAST.

Hard cook 6 eggs, remove the yolks whole, chop the whites, and keep both hot in the warming oven. Prepare six rounds of hot buttered toast and spread with deviled ham, making a slight depression in the center of each to receive an egg-yolk. Make 1 pint of thin white sauce, add the chopped whites of egg and pass, with the toast, in a gravy boat.

HAMPTON FILLED EGGS.

Boil the eggs until very hard, take off the shell, cut in half, take out the yolks, do not break the whites; rub yolks to a cream with melted butter, season with chopped pickles, pepper and salt with a little mustard; put the mixture into the whites, cut a slice from the bottom of the egg so that they will stand on a platter; decorate with lettuce leaves or water cress.

ENTREES

"It is the bounty of nature that we live; but of philosophy that we live well."—*Seneca.*

Entrees assume many forms, and they are a vehicle par excellence for the utilization of remnants of greater or less food value. Of course, there are many entrees of which the main feature is new material. Such are various kinds of fish, sweetbreads, mushrooms, terrapin, lamb chops, etc. But new or old, and whatever its basis, the entree itself must be served in an attractive form, and be as near perfection as the culinary skill of those who concoct it can attain. Indeed, in many households the capacity of the cook is gauged by her success in serving entrees, the preparation of soups, roasts and vegetables being considered merely plain cooking, and therefore taken for granted.

In this department recipes, each thoroughly reliable, will be given to make entrees certain to give satisfaction where the directions are carefully followed.

BREAD PATTIES FOR FOUR PERSONS.

Cut 12 slices of bread; then, with a good-sized biscuit cutter, cut from them 12 rounds. With a smaller cutter take the centers from eight of the rounds. Dip a ring lightly in the white of egg, place it on a solid round, then on this another ring, which completes one patty. Toast the patties quickly in a hot oven, and when brown fill them with creamed oysters, creamed chicken, creamed hard-boiled eggs, or peas.

SHREDDED WHEAT OYSTER, MEAT OR VEGETABLE PATTIES.

Cut oblong cavity in top of biscuit, remove top carefully and all inside shreds, forming a shell. Sprinkle with salt and pepper, put small pieces of butter in bottom, and fill the shell with drained, picked and washed oysters.

Season with additional salt and pepper. Replace top of biscuit over oysters, then bits of butter on top. Place in a covered pan, and bake in a moderate oven. Pour oyster liquor or cream sauce over it. Shell fish, vegetables, or meats may also be used.

POTATO PATTIES

Make an acceptable entree that is quickly prepared. Mash freshly boiled potatoes drained very dry, and season them with salt and pepper and a spoonful of melted butter. Add enough prepared flour to make a paste that can be rolled. Roll into a sheet one inch thick and cut into rounds with a biscuit cutter. Spread the rounds with beaten eggs, press them together in pairs, cut out the centre into patty shape and bake golden brown. Fill with creamed asparagus tips and serve. Or can be used with chicken, mushrooms, sweetbreads, calves' brains, etc.

CROQUETTES.

Four large potatoes, 2 tablespoons butter, yolks of 3 eggs, 10 drops of onion juice, ½ teaspoon salt, ⅛ teaspoon paprica, 1 cup cracker crumbs. Wash and pare the potatoes and boil till tender. Remove from fire, turn off all the water, cover with a towel and set in a warm place for ten minutes. Put through the potato ricer; add butter, salt, paprika, onion juice and yolks of eggs; beat till well mixed and light, form into cylinders, roll in cracker crumbs and fry in deep hot fat.

AMERICAN CROQUETTES.

Cook in salted boiling water, using 1 teaspoon of salt to each quart of water; 10 sweet potatoes, peel and pass through a sieve. Add 1 tablespoon of butter, the yolks of 2 eggs, a saltspoon each of pepper and cinnamon, 2 tablespoons of brown sugar and 1 of cracker dust. Mold into small pear-shaped croquettes, egg and crumb and fry a dark brown in deep fat; drain, put a clove at one end and a sprig of parsley at the other.

HOMINY CROQUETTES.

Soften a cupful of cold boiled hominy, fine grained,

with a cupful of sweet milk and a well-beaten egg. Mix thoroughly and add a teacupful of white sugar, with salt, pepper and butter. Form into croquettes, dip in beaten egg and cracker crumbs and fry in hot lard.

MACARONI CROQUETTES

Are made by boiling 4 ounces of macaroni for 20 minutes; drain, throw into cold water, and cut into small pieces. Put ½ pint of milk over the fire. Rub together 1 tablespoonful of butter and 2 of flour; add to the milk; stir until you have a smooth, thick paste. Add the yolks of 2 eggs, cook a moment, take from the fire. Add the macaroni dry, a teaspoonful of salt and a dash of red pepper; mix, and turn out to cool. When cold, form into small pyramids, dip in egg, then in breadcrumbs and fry in smoking-hot fat. Serve at once.

CORN CROQUETTES.

Grate enough corn to make 1 quart of pulp, add 1 pint of cream or milk and cook for 20 minutes in a double boiler. Add 2 tablespoonfuls each of butter and grated cheese, 1 teaspoonful of salt, ¼ as much pepper, and 2 well beaten eggs. Set aside to cool. When cold form into 2-inch squares an inch thick. Egg and breadcrumb, and fry in hot fat; or bake in the oven until brown. If the mixture be too moist to shape, add some rolled cracker meal.

HOW TO COOK MUSHROOMS.

Never use a mushroom which is old, black or wilted underneath, as they are apt to be full of worms. The gills, however, need not be pink to be perfectly good and fresh. If in doubt, break the mushroom and if it is porous between the outer skin and the gills, throw away at once. The whole secret in cooking mushrooms lies in the amount of butter used. Be lavish of butter, seasoning with salt and butter to taste.

To broil the largest flat kind, first cook the smooth outside, then slightly toast the inside. While still hot season with salt, pepper and a generous allowance of butter.

MUSHROOM SAUTE.

Melt ⅔ cup of butter, add ½ lb. mushrooms and cook briskly until tender. Serve on toast. The surplus butter with the water from the mushrooms should furnish a delicious gravy.

MUSHROOMS WITH TOMATO AND ONION.

Melt ⅔ cup of butter and brown ½ a medium sized onion in it, remove the onion and add ½ lb. of mushrooms, dusted with two tablespoons of flour. Cover with a small tomato sliced very thin, or a half cup of canned tomatoes may be used. Add two-thirds cup of water and simmer, stirring gently so as not to break the mushrooms. Serve when the tomatoes have disappeared in gravy and the mushrooms are tender.

MUSHROOMS WITH STEAK.

Dice ¼ lb. of mushrooms and cook in ½ cup of butter until tender; remove mushrooms and brown 2 small slices of onion in the butter; remove onion and add 1 tablespoon of lemon juice. Cook 2 tablespoons of flour in the butter until smooth and free of lumps. Add 2 cups of hot beef stock gradually and stir until smooth, then add the cooked mushrooms with ¼ lb. additional of fresh uncooked ones. Simmer until the mushrooms are tender and serve with steak.

TO PREPARE SWEETBREADS.

Put into cold water, then into boiling salt water, or white stock, let boil 20 minutes or until thoroughly done; then throw into cold water for a few minutes to bleach and make firm; as soon as cold remove carefully the skin and little pipes. Put in a cool place.

GLAZED SWEETBREADS.

Blanch a pair of lamb's sweetbreads and cut in dice when entirely cold; roast for 20 minutes in a little well-reduced stock, basting frequently. Arrange on a deep platter, surrounded by a ring of boiled green peas; add 1 cup of cream to the glaze in which they were cooked and pour over the sweetbreads before serving.

SWEETBREADS IN SPINACH CASES.

Chop the cooked spinach very fine; season with salt, pepper, hot cream and butter, but do not make it more than just moist. Place a wall of spinach on large rounds of toast and in the centers put creamed sweetbreads.

SWEETBREADS WITH ORANGES.

Soak several heart sweetbreads in cold water until well blanched, pull out the tubes and lightly score all over. Dip each into equal quantities of melted butter and orange juice, sprinkle with salt and pepper, and lay in a shallow baking pan. Cook for 30 minutes in a very hot oven, basting frequently with the orange juice and butter. Brown 1 heaping tablespoonful of butter, stir in an equal quantity of flour, and brown again, gradually adding ¾ of a cupful of rich stock. When thick and smooth, add ¼ cupful plain orange juice, with 2 tablespoonfuls of unpeeled orange finely shredded; season to taste and remove from the fire. Serve the sweetbreads on a bed of sliced oranges, serving the gravy in a separate dish.

CREAMED LOBSTER PATTIES.

One and one-half pts. milk, 1 heaping tablespoon butter, ¼ teaspoon red pepper, salt to taste, ½ pint lobster meat chopped fine, ½ tablespoon corn starch. Bring milk to a boil, add seasoning and lobster; make a paste of cornstarch with a little water and add slowly to the milk, stirring constantly until thick. Heat patty shells, fill with mixture and serve hot.

FISH ENTREE.

Boil any firm fish such as bass, halibut or whitefish in salted water. When cool break in small pieces, and mix with white sauce, and serve in green peppers, from which the tops have been cut and the seeds removed. With these are served cucumbers which have been peeled, and sliced very thinly.

SALMON CROQUETTES.

One can of minced salmon, an equal quantity of mashed

potatoes; make into balls, dip into beaten egg, then in cracker crumbs, then in eggs, and fry in very hot lard.

CRUMBED SALMON.

Make 1 pint of thin white sauce and season highly, using lemon and Worcestershire sauce. Add 1 can of salmon, broken into flakes with a fork. Fill individual dishes, well buttered, cover the top with crumbs and add 1 spoonful of cream to each. Brown quickly in a hot oven. A good emergency dish.

CHICKEN TERRAPIN.

In pretty little terrapin dishes of china, serve with the covers on to insure the chicken being hot. To prepare this, make the usual Newburg mixture, 1 cup of cream, yolks of 3 eggs well beaten, salt and cayenne to taste; thicken; drop in two cupfuls of cold roast chicken cut in dice, and, last, 3 tablespoonfuls of sherry.

CHICKEN CROQUETTES WITH BRAINS.

Chop fine 1 cold chicken, add 3 calves' brains, chopped finely, season with salt, pepper, juice of 1 lemon and a little of the lemon rind, add ¾ cup of butter; shape in any desired shape; dip in egg and roll in cracker dust or crumbs and fry. Serve with tomato sauce and sliced mushrooms.

CHICKEN TIMBALE.

Weigh ½ lb. uncooked chicken breast, pass through a mincer; mix 1 cup bread crumbs with ½ cup milk and stir to smooth paste; remove from fire and add the chicken, ½ teaspoon salt, tiny speck cayenne, fold in the stiffly beaten whites of 5 eggs; butter a quart mold and arrange hearts and darts cut from beets; carrots or cherries; pour in the mixture; set in pan of hot water and cook in a moderate oven about 25 minutes. Serve with tomato sauce; sprinkle top with hard boiled egg yolks put through a sieve and seasoned with paprika and salt. Garnish with celery foliage.

COLD MEAT CROQUETTES.

Take any cold, fresh meat, with enough cold ham to flavor the meat, chop together very fine; add half as muc

rolled cracker, salt, pepper, nutmeg, and prepared mustard to taste; a little lump of butter, and a teaspoonful catsup; mix well together; make into cakes, dip into beaten yolk of egg, roll in cracker crumbs and fry in a little lard to a nice brown.

HAM CROQUETTES.

One cup of thick white sauce, seasoned with onion juice, 1 cup of soft bread crumbs, ½ cup of deviled ham, ¼ teaspoon of salt. Mix, and when cold form into croquettes, roll in bread crumbs, dip in beaten egg and again roll in crumbs and fry in hot, deep fat. These may be varied by using deviled turkey, tongue and the like. Parsley and celery tips are suitable garnishes.

HASH PATTIES.

Save bits of steak, boiled or baked beef, chop them fine, with bread crusts and crumbs or cracker crumbs; add a pinch of sage, pepper and salt, onion and cold boiled potatoes, chopped nicely together. (If one has a meat chopper, put meat, potatoes and bread pieces through that and save time.) Make into round, flat cakes, like fish balls, and fry a light brown. Serve at once.

SAUSAGE PILAU.

Boil sausage with rice until both are well done; during the cooking put in whole grains of spice and black pepper. Serve while hot. This dish is an old South Carolina favorite and is delicious when served as an entree.

HOT TAMALES.

Scald 1 quart of good Southern white cornmeal. Do not make it soft, but moist. Have ready your corn husks and several husks torn into narrow strips like ribbons. Have a chicken cooked thoroughly and chopped fine. Add to it 1 Spanish pepper, chopped fine, and a palatable seasoning of salt. Take the cornmeal in your hand, sort of pat it down, put into the corn husk sufficient to make a roll down the center 6 inches long. Put in 2 tablespoonfuls of chopped chicken, then roll the husks and cornmeal over,

making a complete roll, with the chicken inside. Fold the ends of the corn husks over; tie them with the narrow strips which you have prepared. Put the bones taken from the chicken in the bottom of a kettle; add 1 sliced onion, 3 or 4 cloves, 2 bay leaves, 1 teaspoonful of salt, and ¼ of a teaspoonful of pepper; cover with cold water and bring to a boil. Now put your tamales all over the top; the bones will act as a sort of rack, keeping them from being covered by the water; cook continuously for 2 or 3 hours; they will then be ready to serve. The rolls are cut into halves. Dish them neatly, so that the ends will be exposed.

ASPARAGUS ON TOAST.

Use large-sized white asparagus. Rinse well in cold water to remove all grit. Tie the stalks together loosely so that they may be lifted out easily when cooked. Pour over the asparagus about a quart of boiling water, salted, and cook gently for 20 minutes. Lay the stalks on platter with the heads resting on well-toasted slices of white bread. Make a sauce of 1 teaspoonful of butter, one of flour, salt, pepper and ⅓ cupful of water in which the asparagus was cooked. Cook for a few minutes and pour over.

SWEET POTATO CREAM TOAST.

Rice 1 quart of boiled sweet potatoes and add 1 tablespoon of melted butter and ½ teaspoon of salt; mix lightly together so as to not mar the form of the potatoes and heap upon rounds of hot buttered toast, covering each slice with 1 tablespoon of stiffly beaten white of egg, which has been whipped with a little salt and to which has been added 1 tablespoonful of chopped mushrooms. Brown quickly in a hot oven and serve immediately on a hot platter.

FRIED FROGS' LEGS.

After skinning, dip the legs in sweet milk, roll in flour seasoned with salt and pepper, lay in a wire basket

and fry in deep fat until crisp. Serve on water cress, garnished with lemon points.

FRIED TRIPE.

Lay cold boiled tripe in a French dressing for 2 hours; drain; dip in egg and cracker dust and set in a cold place for 1 hour. Fry to a delicate brown. Eat with a sauce tartare.

TEXAS PECAN TIMBALES.

Grind to a paste 1 cup of blanched pecan nut meats which have simmered ½ hour in sweet cider. Add the crumb of 1 loaf of bread, ½ cup of melted butter and moisten with 1 gill of cream and 3 beaten egg yolks. Season with ½ teaspoon of salt, pepper and the grated rind of ½ lemon. Add the beaten whites of 3 eggs. Turn into small earthen molds and cook 20 minutes in a pan of hot water.

FILLINGS

"The rose-lipp'd dawning
Is not so melting, so delicious."—*Dekker & Ford.*

ALMOND FILLING.

Boil 2 cups sugar and ½ cup water until it threads and pour over the well beaten whites of 3 eggs. Beat until cold and add ½ lb. almonds, blanched and pounded to a paste. Flavor with rose water.

CARAMEL FILLING.

Four cups brown sugar, 1 cup rich cream, ½ cup butter. Boil together until it thickens a little. To ½ of this add 1 lb. pecans, chopped fine, for the filling, and use the other half for outside of cake.

VANILLA CARAMEL FILLING.

Three pints dark brown sugar, 2 heaping tablespoons of butter, cream or milk enough to mix, about a cupful. Cook until it forms in a ball, when a little is dropped in a cup of cold water. When partly cooled, put in 4 teaspoons of vanilla and beat until a light color.

CHOCOLATE CREAM FILLING.

Three cupfuls sugar, ⅔ cupful sweet milk, 2 squares chocolate, butter size of walnut. Cook milk and sugar until it threads. Remove from fire and beat until thoroughly creamed.

CHOCOLATE CREAM CAKE FILLING.

Melt ½ cake of chocolate; take 3 cups of granulated sugar and ¾ of a cup of sweet milk and place in an agate or new tin vessel. Put it over the fire where it will boil rapidly. As soon as it begins to boil, begin to stir it, and let it boil 2 minutes, stirring all the time. Then remove from the fire, add flavoring and beat until stiff enough to

spread on your cake. Spread rapidly, as thickly as desired; then spread over it your melted chocolate. With a layer cake it is usually best to spread all your layers at once with the cream, joining them afterwards with the melted chocolate, as the cream hardens quickly and may become difficult to spread smoothly. A small bit of butter beaten with the cream adds to its softness and delicacy.

CHOCOLATE FILLING.

Two cups sugar and 1 cup cold water, boiled together until it threads. Pour while hot over small piece of butter ½ cup of shaved chocolate. Beat briskly until cool, then spread between layers.

COCOANUT FILLING.

To 2 cups of granulated sugar, add ½ a cup of boiling water. Cook until it will candy. Have in a large bowl the whites of 2 eggs beaten to a stiff froth. Pour the syrup into the egg slowly, beating both together all the time. After all is in, beat for 10 minutes. Then beat into this, 1 cocoanut that has been grated. Then spread this mixture between the layers and on top. After this is done, sprinkle over the top some grated cocoanut, saving out about a cupful for this purpose.

LEMON CREAM FILLING.

Melt 1 tablespoonful of butter and ½ cupful of sugar over a slow fire, stirring all the time. Add to it the juice and the grated rind of 1 lemon. Lastly, stir in 2 well-beaten eggs and a pinch of salt. As the mass thickens remove from the fire, and, when cool, spread on the cake.

MARSHMALLOW FILLING.

One cup sugar, boiled with ½ cup of water until it threads. Pour slowly over the beaten white of 1 egg; add ½ lb. of marshmallows and stir until they are well dissolved. Flavor with orange flower water or rose water. Remove from fire and beat until stiff enough to spread on cake.

ORANGE FILLING.

One cup of confectionery sugar, grated rind of 1 orange, strained juice of 1 orange. Mix sugar and orange rind, with just enough juice to moisten. Spread between layers as on top of the cake.

FISH

"Master, I marvel how the fishes live in the sea!"
"Why, as men do on land; the great ones eat up the little ones."
—*Pericles.*

PLANKED SHAD.

Split a roe shad down the back and take out the backbone; lay the fish open and pepper and salt it, and fasten it to a hickory plank, or some other tasteless wood and set before a bright wood fire, near enough to cook without burning; baste it with drawn butter and cook to golden brown. Serve hot from the plank, on warm plates, with sauce of drawn butter, mushroom, catsup, with pinch of salt and cayenne pepper. Fish thus cooked is delicious.

SERVING PLANKED FISH.

When serving planked fish, steak or chicken, the garnish that surrounds it is a most important feature. Mashed potatoes browned, green peas, diced carrots, shredded peppers, asparagus tips, lozenges cut from string beans of the greenest variety, and plenty of curled parsley, are the constituents required. The manner in which these various vegetables are arranged makes or mars the appearance of the dish. The safest way is to make little plats of the potato around the basis of the dish, and, after scoring them with a knife, brown them under the broiler flame or in a very hot oven. Then arrange each vegetable by itself in the spaces between the plats of potato and garland the outer edge with the curled parsley. This garnish must be arranged quickly and deftly, lest it lose its heat.

HOW TO BROIL SHAD.

To broil a shad, the fire should be moderate, otherwise the outside of the fish will be burned before the inside is cooked. Rub the fish with olive oil before broil-

ing, as it gives a delicious flavor. This is the most delicious way of cooking a shad. Garnish with slices of lemon.

WILMINGTON BAKED SHAD.

One egg, 1 cup bread crumbs, ½ of an onion, ½ teaspoon pepper, ¼ teaspoon salt, 4 teaspoons butter, chopped parsley, flour enough to dredge. Melt the butter; when hot, add onions, bread crumbs and seasoning. Mix well; when cold, add the well beaten egg. Place the fish in pan, sprinkle with flour and butter on top. While baking, pour over enough water to baste until brown.

BAKED SALMON.

Take 1 can of salmon and remove the bones. Mash the salmon fine and add to it 1 cup of cracker crumbs and 4 hard boiled eggs, chopped fine. Add a cup of sweet milk; pepper and salt to taste. Pour into a buttered baking dish.

FRIED BLUE FISH.

Clean, wipe dry inside and out. Sprinkle and season with salt. Fry in hot butter or sweet lard. One-half lard and half butter make a good mixture for frying fish. The moment the fish are done to a good brown, take them from fat and drain in hot strainer; garnish with parsley.

BAKED HALIBUT STEAK.

Take 2 pounds of halibut steak, not too thick, and place a layer of fish in the bottom of a buttered baking dish. Sprinkle lightly with bread or cracker crumbs and pour on half of 1 custard mixture made by mixing 2 beaten eggs with 1 pint of milk, and seasoning with 1 saltspoon each of salt, pepper and nutmeg, and 1 teaspoon of sugar. Add another layer of halibut, sprinkle with crumbs, and pour over the rest of the custard mixture. Place in the oven and as the custard begins to thicken at the sides of the dish, loosen with a spoon, and pile on top. When this has been repeated several times, allow it to brown. Bake 45 minutes, or until the fish is done.

RALSTON ESCALLOPED SALMON.

Three cups of water, ½ cup Ralston Health Food, 1 tablespoon butter, 2 eggs, ½ can salmon, cayenne pepper and salt to taste. Have water boiling and then stir in Ralston Health Food. Boil 10 minutes; add butter, yolks of eggs, pepper and salt; fold in carefully the whites of eggs. Put a layer of Ralston, then of salmon in a greased baking dish and bake 15 minutes.

CREAMED SALMON.

One can of salmon, 1 pint milk, 3 raw eggs beaten into the salmon, salt, red pepper. Thicken milk with 2 tablespoons flour and a piece of butter. Bake in a pan with bread crumbs on top.

CREAM SALMON.

One can salmon, ½ teaspoonful any good extract beef, 1 tablespoonful flour, ⅛ teaspoonful paprika, 1 pint cream, 2 tablespoonfuls butter, ½ teaspoonful salt. Melt butter; add flour, stirring constantly; add cream and let cook until it begins to thicken; add extract of beef (dissolved), season and add salmon, and heat slowly. Serve with brown bread or toast.

SALMON TURBOT AND PEAS.

One can salmon, 1 can peas, strain and mix. Scald 1 large cup of milk, add 2 tablespoons of melted butter; thicken with 2 tablespoons of flour, (stirred smooth in a little cold water), salt and pepper to taste. Add this to salmon and peas and serve hot on wafers or toast; or, place in bake dish, put crackers, crumbs, and bits of butter on top, and brown in the oven 10 minutes. This can also be made in chafing dish.

SALMON CROQUETTES.

One can of salmon, 1 cup (cooked) Irish potato, 1 cup cracker crumbs, 3 eggs, salt and pepper. Make into croquettes; dip in 1 beaten raw egg, then roll in cracker crumbs and fry in boiling fat.

FISH TIMBALES.

A pound and a half of halibut, cod or any solid white fish will be sufficient for the timbales. Cook gently in

salted water (to which is added a sprig of parsley, a tablespoonful of vinegar and a slice of onion) until the flesh separates from the bones. Drain, cool and flake. Make a rather thick sauce with 1½ cupfuls of milk, 1 heaping tablespoonful of butter, 2 tablespoonfuls of flour, a scant teaspoonful of salt, ½ teaspoonful of white pepper,1 tablespoonful of lemon juice and a tiny pinch of mace; keep covered until cool. Add the fish and well beaten yolks of 6 eggs. Fill well buttered timbale molds, stand in a pan partly filled with hot water and cook in a moderate oven until firm in the centre. The sauce served with these requires 1 pint of cooked and strained tomatoes, 2 scant tablespoonfuls butter, 2 tablespoonfuls of flour and a high seasoning of salt, pepper and onion juice.

DRESSED COD AND CREAMED SAUCE.

Two tablespoonfuls of bread crumbs, ¼ teaspoonful of chopped parsley, salt and pepper, ½ a lemon rind, grated fine, 1 egg, 1 ounce of butter. Mix bread crumbs, parsley and seasoning on the plate. Remove skin from the fish and wash in salt and water. Dry well on a clean cloth, brush over with well beaten eggs, and roll in the mixture. Place in a baking pan, and bake for about half an hour. After fish is cooked, place on a dish. Add a little water to fish juices in baking pan and strain over the fish.

CODFISH BALLS.

Two pints peeled and sliced potatoes, 1 pint boned and shredded codfish. If the codfish is too salt, soak in cold water for an hour; if not, just wash it in cold water. Place the potatoes in a saucepan with the codfish on top, pour over them boiling water and cook until the potatoes are done. Then mash and season with butter, milk and pepper, as for mashed potatoes. Let cool and add 2 well beaten eggs, form into balls, roll in egg and cracker crumbs, and fry in deep fat.

FISH CROQUETTES.

One pint cold, boiled fish, free from skin and bone, minced fine, 1 pint mashed potato, 1 tablespoonful butter, ½ cup hot milk, 1 egg well beaten, pepper and salt, and a little chopped parsley. Mix thoroughly and let cool. When cold make into balls, dip into a beaten egg, roll in cracker crumbs, and fry in hot lard.

HOME SUGGESTIONS FOR THE HOUSEWIFE

"Invention hath no nobler aim, than to lighten woman's labor."

HOUSEHOLD ALPHABET.

APPLES—Keep in dry place, as cool as possible without freezing.
BROOMS—Hang in the cellar-way to keep soft and pliant.
CRANBERRIES—Keep under water—in cellar.
DISH of hot water set in oven prevents cakes, etc., from scorching.
ECONOMIZE time, health and means, and you will never beg.
FLOUR—Keep cool, dry, and securely covered.
GLASS—Clean with water and tablespoonful ammonia.
HERBS—Gather when beginning to bloom; keep in paper bags.
INK STAINS—Wet with turpentine; after 3 hours rub well.
JARS—To prevent, coax "husband" to buy a "Woman's Club Cook Book."
KEEP an account of all supplies, with cost and date when purchased.
LOVE lightens labor.
MONEY—Count carefully when you receive change.
NUTMEGS—Prick with a pin, if good, oil will run out.
ORANGE PEEL—Dry, pound, and keep in corked bottles.
PARSNIPS—Not good until spring.
QUICKSILVER and white of egg destroys bedbugs.
RICE—Select large whole grains.
SUGAR—Granulated is the best.
TEA—English breakfast, and Japan and green mixed.
USE cement of ashes, salt, and water for cracks in stoves.
VARIETY is the best culinary spice.
WATCH your back yard for dirt and bones.
XANTIPPE was a scold. Don't imitate her.
YOUTH is best preserved by a cheerful temper.
ZINC lined sinks are better than wooden ones.
& regulate your clock by *your husband's watch*, and in all appointments of time, remember the *Giver*.

TIME REQUIRED FOR COOKING ON RANGE.

Roast beef, well done, 20 minutes to the pound.
Roast beef, rare, 15 minutes to the pound.
Turkey, roasted, 2 to 4 hours.
Rice, steamed, 45 minutes to 1 hour.
Rice, boiled, 20 minutes.
Turnips, boiled 45 to 1 hour.
Sweet potatoes, baked 1 hour.
Sweet potatoes, boiled, 45 minutes.
Veal, well done, per pound, 20 minutes.
Ham, 4 to 5 hours.
Tomatoes, 20 to 30 minutes.
Asparagus, 20 to 30 minutes.
Hard boiled eggs, 20 to 30 minutes.
Lamb, well done, per pound, 30 minutes.
Green corn, 5 to 10 minutes.
Beans, boiled with fat pork, 2 to 3 hours.
Beets, boiled, 2 hours.
Fowls, roasted, 2 hours.
Oysters stewed, 5 minutes.
Soup, vegetable, boiled, 1 hour.
Soup, chicken, boiled, 2 hours.

HOUSEHOLD HINTS

It is said, that if parsley is eaten with onions or a salad containing onions, the odor of the onion will not effect the breath. The sprigs of parsley should be eaten as you would celery.

Polishing cloths such as jewelers use are warranted to keep silver in brilliant condition. To make them, boil soft rags in a mixture of fresh milk and hartshorn powder, an ounce of the powder being used to a pint of milk. When they have boiled for 5 minutes they should be hastily passed through cold water, so that they will be cool enough to wring out, and dried before the fire. After the silver is washed and dried each day, it should be polished with a cloth prepared in this manner.

Absolutely requisite in a well-conducted kitchen is a pair of scales which will measure ounces as well as pounds. When exact weight is required of material which cannot be put into the scoop of the scale weigh it with the plate or dish that holds it. Later weigh the emptied plate or dish and subtract its weight.

The careful and economical housekeeper keeps her store-

room shelves well stocked with staple groceries and with such canned goods as will tide over unforeseen emergencies. While ventilation is good for the storeroom where these are kept, dampness must be guarded against. The best plan is to keep a little lime in an open stone crock. It will quickly absorb all moisture and is readily renewed.

A marble slab for rolling pastry is a valuable kitchen accessory. It is easily kept clean and its chilly surface makes a crisp crust. Frequently a discarded piece of furniture has a marble top, which, removed from it and carried to the kitchen, would prove of practical worth.

To remove spots caused by acid on colored goods, moisten the goods and cover with saleratus before washing.

Never stir sugar and butter together in a tin basin or with an iron spoon, a wooden spoon is better than any other kind.

Be sure that the oven is right before the cake is put in and then do not open the door until it has been baking at least 10 minutes.

To remove chimney soot from carpets, cover with fine dry salt and brush up with stiff broom, and repeat until carpet is clean. After the first is taken up, the spots may be scrubbed hard with the salt until soot is removed.

To clean mica in stoves wash in vinegar.

Chicken drippings are excellent for greasing tins.

Use vinegar to remove the smell of kerosene from tins and dishes.

A teaspoon of borax added to starch, renders the collars and cuffs much stiffer.

Pour cold water over hard boiled eggs as soon as taken from the kettle and they will not be discolored.

To take out iron rust, squeeze lemon juice on spots.

Add a pinch of salt to coffee to give it tone.

Sprinkle clothes with hot water and a whisk broom.

Strong, hot vinegar will remove paint and mortar from glass.

Mix stove blacking with a little ammonia to prevent it burning off.

Add 1 or 2 tablespoonfuls of sugar to strong turnips when cooking.

Add a few drops of ammonia to the blueing water to whiten clothes.

Add a little sugar to milk to prevent it sticking to the vessel while boiling.

Place an apple in the bread and cake boxes to keep bread and cake moist.

Add a teaspoonful of kerosene to a pail of clear hot water to wash windows.

Rub grease on the seams of the new tinware, keep in a warm place for a day, and the article will not rust in the seams.

Starch and iron wide lamp wicks and wicks for oil stoves. They will not then cause trouble in fitting them into the burners.

Do not wash the wooden breadplate in hot water and it will not turn black. Wash with soap and warm water, and rinse in clear cold water.

Oil paintings may be safely and successfully cleaned by washing with cold water and a little white soap, such as castile. Do not use a strong soap. Moisten a rag in the water, rub on a little soap and then proceed to wash the surface, not making it too wet. Sponge off with clean water and wipe with a clean, dry, soft rag.

THE TOILET.

One of the best cleansing agents for the hands is to take 1 tablespoonful of corn meal (yellow) and 4 tablespoonfuls of vinegar, rub well into hands for about 2 minutes, then wash off in clean water, dry carefully, and the hands will be soft, clean and velvety. Sour milk can be used in place of vinegar, with just as good results.

When tired and weary after a day's outing or traveling, it is a great mistake to plunge the face into cold water, which really acts as an irritant; whereas tepid water produces quite the contrary effect. After washing off the dust on face and ears, a little

buttermilk, or, failing that, rose water dabbed on, will soothe and whiten the skin and take away the feeling of irritation.

BERNHARDT'S SKIN TONIC.

Sarah Barnhardt's famous skin tonic to use after the bath to make the flesh firm and elastic is famous the world over. You can prepare it yourself after the following formula: 1-2 pint of alcohol, 2 ounces of spirits of camphor, 2 ounces of spirits of ammonia, 5 ounces of sea salt and boiling water sufficient to make 1 quart. Put all in a bottle and agitate thoroughly. Rub into the skin with the hands. Shake always before using. It is an excellent plan when baring the arms and neck for an evening dress to bathe them in this lotion. It also takes the fatigue from one's muscles after a long walk or much exercise.

AIDS TO THE COOK.

Croutons—Are nice accompaniments to soups and are made by cutting bread into small dice and browning in the oven. These are sweeter than crackers and some use them entirely in their place.

Stale Cake—Can be converted into numerous dainty and quickly made deserts and should not be wasted.

Cookies—There are various little cakes and cookies, sponge and fruit cakes that keep well for different lengths of time, while plum pudding keeps months and seems mellow and improved by age.

Tart Crusts—Put in tight receptacles keep fresh some time and often are handy to convert into desserts on short notice.

Crackers—Kept in tight jars will retain their crispness. If they become tough they may be made crisp and fresh by heating in the oven.

Mincemeat—is also an article that can be kept on hand.

Flour—In small quantities should always be kept sifted. It is well to have a little prepared flour ready to make hot bread, dumplings, etc., on short notice. It may be made at home by thoroughly sifting the usual proportion of baking powder and salt with it, and should then be put into tight paper bags or cans.

Browned Flour—Is useful in soups and gravies. To prepare it put flour into a frying pan on the stove and stir constantly until a light brown.

Brown Roux—Of browned butter and flour is used much the same as browned flour. Cook until a rich brown 1 cup of melted butter poured from the buttermilk, which settles, and 1 1-2 cups of flour. It ought not to scorch.

Dried Beef—Picked fine and cooked 2 or 3 minutes in browned butter and flour, then packed in any vessel will keep many weeks and by simply boiling with milk is ready at a moment's notice.

Codfish—May be picked fine, dried and put away until wanted.

The drippings from a beef roast are splendid in the kitchen. Try them on the griddle rather than lard; also equal to butter in baked tomatoes.

WEIGHTS AND MEASURES.

One pint liquid, one pound.

Two cups granulated sugar, one pound.

Two and one-half cups powdered sugar, one pound.

Four cups of flour, one quart or one pound.

Two heaping cups butter, one pound.

Four tablespoons, one wine glass.

Two wine glasses, one gill.

Four gills, one pint.

Two tablespoons of flour, one ounce.

Two tablespoons of butter, one ounce.

Butter size of an egg, two ounces.

One kitchen cup (liquid), one-half pint.

One kitchen cup of sugar, one-half pound.

Four teaspoonfuls (liquid), one tablespoon.

Four tablespoonfuls (liquid), one-half gill or one-half cupful.

Two gills (liquid), one cup or one-half pint.

COOKING MEASUREMENTS.

A rounding tablespoonful of such dry material as flour and sugar has a given weight. Of solid fats a rounding tablespoonful weighs an ounce; of flour, etc., 1-2 an ounce. The term cup is applied to a 1-2 pint measure, which is made in tin and is divided by marks into quarters or thirds. A pint of butter weighs 1 pound. If 2 ounces are required, up to the first quarter mark in your measuring cup will be correct. If 2 ounces of flour are required, up to 1-2 cup mark will be required, as it takes a quart of sifted flour to weigh 1 pound.

HINTS ON MEASURING AND COMBINING MIXTURES.

Level measures are used in all recipes, unless otherwise directed.

A cup means one-half pint.

A cup of any commodity is a level cup.

A tablespoon of any commodity is measured level.

A half tablespoon is obtained by dividing a level tablespoon lengthwise of bowl of spoon, then crosswise of the half for the one-fourth. Same rule applies to teaspoon.

Flour should be sifted before measuring.

Sift spices together to blend them before adding them to any mixture.

Flour and sugar are tossed lightly in a cup, while butter is packed very solidly.

Eggs are slightly beaten when they will run from the tines of a fork.

Eggs are lightly beaten (together) when they are thick and lemon color.

Whites of eggs are beaten when stiff enough to stand. A pinch of salt hastens the process.

Baking powder, cream of tartar and soda are sifted with the flour.

HOME-MADE BAKING POWDER.

One-half pound bicarbonate soda, 1 pound cream tartar, 1 rounded tablespoon flour to every cup of soda and cream of tar-

tar, mixed. Sift 6 times and keep dry. Use 2 teaspoons to every quart.

ROSE WATER FOR FINGER BOWLS.

Fill a 1-2 gallon glass jar with fresh rose petals, with enough water to moisten them. Set the jar, with the lid screwed on, in a kettle of water, over a hot fire, to boil steadily for an hour. Then strain the contents of the jar into finger bowls. The bouquet of the rose leaves will be rich and fragrant enough to be diluted with water to fill the bowls two-thirds full.

Float 2 or 3 fresh rose petals on the surface of each bowl.

ICE CREAM

"A morsel cold."

VANILLA ICE CREAM.

Mix 1 quart of thin cream, 3-4 of a cupful of sugar, a few grains of salt and 1 and 1-2 tablespoonfuls of vanilla; then freeze, using 3 parts of finely crushed ice to 1 part of rock salt.

PHILADELPHIA ICE CREAM

One quart cream to 1 pint milk, 1 pound sugar, whites of 3 eggs (beaten), 1 tablespoon vanilla. Stir the eggs in the cream, add the sugar and vanilla; then freeze. This makes 2 quarts.

CARAMEL ICE CREAM.

Three cups brown sugar, cook without water, stirring all the time; 2 quarts sweet milk, heat on stove; when it begins to boil, add 3 well beaten eggs and 3-4 cup flour dissolved in a little cold milk. Cook well and add melted sugar, and when cool, add 1 quart of cream.

COFFEE ICE CREAM.

Three cups cream, 1 cup milk, 1 scant cup sugar, 1-2 cup clear black coffee. Put cream, milk and sugar on the fire and stir until sugar dissolves and the cream wrinkles on top. Do not let it boil. Beat until it is cool; add coffee; then freeze.

WASHINGTON CAFE PARFAIT.

Take 1 gallon thick rich cream, add 2 cups sugar, 1 pint strong black coffee, whip to a froth; when stiff turn carefully into an ice cream freezer; press the lid down tightly, pack in salt and ice and freeze 3 hours. Serve in glasses heaped high with whipped cream. Place a cherry on top.

MAPLE ICE CREAM.

One quart of rich cream, 1 coffeecupful of maple syrup, 1-4 pound of chopped shelled pecans. Mix well and freeze.

FROZEN STRAWBERRIES.

Hull and wash a quart of berries then mash and mix them with 1 cup of granulated sugar and the juice of 1 lemon. Let stand for 2 hours, stirring occasionally. In the meantime boil together for 5 minutes 1 pound of sugar and 1 pint of water. Strain and cool. Rub the fruit through a sieve, mix with the cold syrup and freeze. When firm pack down in the can, repack with ice and salt, cover and set away for 2 hours to ripen.

CREAM MADE WITHOUT EGGS.

To every quart of cream add 6 tablespoons of powdered sugar and any flavoring desired. Many people use corn starch and gelatine, but one of the most successful makers of ice cream never uses anything but pure cream and sugar with any fruit, strawberry, banana, nuts or crushed maccaroons.

ITALIAN CREAM.

Grate the rinds of 2 lemons upon a few lumps of loaf sugar; stir these into 1 pint of rich cream and add enough white sugar to sweeten; whip briskly, add the juice of 1 lemon, and strain in 1 ounce of gelatin dissolved in water. When beaten thoroughly light, flavor to taste and put in a mold to freeze. Garnish with preserved fruit when served.

TUTTI FRUITI.

A rich vanilla flavored cream (about 2 quarts), sweetened to taste. Put in the freezer, and when it thickens, stir gently through it candied cherries, raisins, citron and nuts, if liked, and continue the freezing until solid.

WHITE RIBBON FROZEN PUDDING.

One-fourth box gelatine, 1 quart milk, 1 pint of cream, 1 1-2 cups sugar, 1 teaspoon vanilla or pistachio extract, 1 pound candied fruit, 1 cup chopped nuts, 1 salt spoon of salt. Soften gelatine in 1 cup milk, scald remainder of milk and pour over gelatine, adding sugar, cream, flavoring and salt. Pack and freeze. When dasher is removed, or partly frozen, stir in fruit and nuts, then pack for 2 hours and allow cream to blend. If candied fruits

are not available seeded raisins, currants, citron and Malaga grapes, seeded and chopped, may be used with good results.

CHOCOLATE SUNDAE.

One pint boiling water, 2 pinches salt, 2 squares chocolate, 1 cup granulated sugar, 1 teaspoon vanilla, added when nearly done. Cook until thick as syrup. Pour sauce, either hot or cold over vanilla ice cream, just before serving.

HOT CHOCOLATE SUNDAE.

Melt 1-4 cup of Baker's chocolate, 3-4 cup sugar, 1-2 cup of boiling water; stir together and work until thick as cream. Serve hot on ice cream.

RHUBARB JELLY CUPS.

Filled with a vanilla white ice cream, not only makes a pretty dish, but a delicious one. Cook enough rhubarb to measure 1 quart when pressed through a sieve. While hot add enough sugar to sweeten, and two tablespoonfuls of gelatine soaked in 2 tablespoonfuls cold water; stir until the gelatine is dissolved; then turn into small cups. When firm and unmolded, scoop out wells in center and fill with cream. Arrange the remnants around base of each cup.

A DAINTY ICE CREAM SERVICE.

Is to color 1-2 white cream a delicate green; then, while "mushy," pack into pound baking powder cans; cover securely and wrap in greased paper to prevent salt oozing through; then pack for 3 hours in salt and ice. When ready to serve, dip the cans an instant in hot water, and the contents will slip out. Pile alternate white and green on a paper napkin, and when serving cut through the pile so as to give each guest a green and white slice.

ICES

"I always thought cold victual nice,
My choice would be vanilla ice."
O. W. Holmes.

MIAMI LEMON SHERBET.

Juice of 2 lemons, 1 lemon sliced as thin as possible, 2 cups sugar. Let stand 2 hours; add 1 pint rich cream, 1 pint milk. Freeze.

TAMPA LEMON ICE.

One quart water, juice of 4 lemons, 2 1-2 cups sugar, juice of 1 orange. Boil the sugar and water for 1 minute, strain and add the lemon and orange juice; cool; then freeze.

EMERALD ICE.

Juice 4 lemons and rind of 1, a good pint sugar, 1 1-2 pints cold water, 1 tablespoon gelatine dissolved in 1-2 cup cold water; 1 cup boiling water poured on this; 1 large wine glass of wine. Color green and freeze.

LOUISVILLE MINT SHERBET.

Pound a small bunch of fresh mint until bruised; then add juice of 2 lemons; cover and stand 1-2 an hour; put 1 pint of sugar and 1 pint of water over to cook until thick; remove from fire and add juice of 2 large grapefruits, the mint and the lemon; let stand until cool; then remove the mint, rinsing syrup off in 1 quart cold water, which add to the other ingredients; pour all into the can and freeze.

XMAS SHERBET.

One dozen blood oranges, 1 quart water, 1 pint sugar; peel the oranges, cut them in halves across the sections, remove the seeds and press out the juice, add the sugar and water, and when the sugar is dissolved, strain it into the can and freeze.

ST. AUGUSTINE PINEAPPLE SHERBET.

Soak 1 tablespoonful of gelatine in an equal amount of cold

water for 1-2 an hour, then dissolve over steam. Boil 2 cupfuls of sugar with an equal amount of water for 10 minutes; add the gelatine when cool and 1 pint of freshly grated pineapple. Strain, and, when cold, freeze.

KISSIMEE STRAWBERRY ICE

One quart strawberries, 1 pound sugar, 1 quart water, juice of 2 lemons. Add sugar and lemon juice to berries. Mash, strain through a sieve, add water and freeze.

STRAWBERRY ICE.

Two and 1-2 cups sugar, 1 pint water. Boil to a syrup and when cold add juice of 2 lemons and juice from 1 1-2 boxes of strawberries. This will serve 8 people.

ALBERTA PEACH ICE.

Rub the fuzz from 10 peaches and put them to boil in a cupful of water. When tender drain and rub through a fine sieve. Add 2 cupfuls of sugar to the hot peach water, 1 cupful of water, the juice of 1 lemon and a few drops of bitter almond essence and boil to a syrup. Pour the syrup over the strained pulp, stir and color with a drop of carmine. Fill a mould, pack in ice and freeze. When ready to serve decorate with foliage.

GEORGIA WATERMELON ICE.

Cut a chilled melon in halves, scoop out the red meat and remove all seeds. Use the water that collects in each half and pulp flesh and water together in a bowl, adding 1 cup of granulated sugar. Pack into a freezer and turn a few minutes until it is frozen like soft snow and serve at once.

FRUIT SHERBET TO SERVE 25 PEOPLE.

Three pints water, whites of 2 eggs, 2 pounds sugar, 5 lemons, juice of 5, rind of 1, 1 can pineapple, 5 bananas, 1-4 pound crystalized cherries.

ICINGS

"Things are not always what they seem."

CONFECTIONER'S ICING.

To every cup of sifted confectioners' sugar add gradually 10 tablespoons of boiling hot water. If too thin add more sugar; if too thick add a little more water. When rubbed smooth with a fork to the proper consistency, add lemon juice to whiten or any other flavoring desired. Spread at once on cake.

YELLOW GLACE.

One-half pound sugar, 1-4 cup water, 3 egg yolks, flavoring. Boil sugar and water 5 minutes without stirring. It should harden when syrup is dropped in cold water. Beat eggs in a double boiler; pour the hot syrup on yolks; beat quickly; return to fire, cook a minute, beating all the time. Pour over cake.

WHITE FROSTING.

Whites of 2 eggs, beaten stiff; 1-2 pound powdered sugar. Beat together until it will fall in flakes from the knife; flavor to taste. Dust flour over the cake to absorb grease and brush off lightly before putting on the frosting.

ICING WITHOUT EGGS.

To 2 teaspoons gelatine add 2 tablespoons of cold water. Let stand 1 hour; then add 2 tablespoons of boiling water. After the gelatine is dissolved stir in pulverized sugar until thick enough to put on with a knife. Flavor to taste. This will dry almost as fast as it is put on.

ICING.

Beat to a stiff froth the whites of 3 eggs, adding enough pulverized sugar to give it the proper consistency; then add 3 tablespoons of melted butter.

CHOCOLATE ICING.

Melt 3 squares of Baker's chocolate (unsweetened) in a

small double boiler, then add to it 1 tablespoon of boiling water. When cool add 1 well beaten egg and 1 cup of sugar. Place on the stove again and heat till perfectly smooth. Flavor and use.

CHOCOLATE ICING.

One-half cup sugar, 4 tablespoons water, 2 eggs, 1 ounce of chocolate or 1 tablespoon cocoa, 1 teaspoon vanilla. Boil the sugar, water and chocolate together two minutes, to render the chocolate smooth. Then add the beaten eggs. Cook 2 minutes more, stirring slowly and gently. Add the vanilla just as it is being taken from the fire and use at once, as it becomes firm quickly. It is good either for icing cakes or for filling.

CARMINE FOR COLORING.

One ounce of No. 40 carmine, 3 ounces of boiling water, 1 ounce of ammonia. Bottle for use. It will keep indefinitely. Carmine can be bought at the druggists.

COFFEE BEANS.

Coffee beans placed in white of egg for several hours, then removed and the beaten white used in icing or candy, will produce a delicate and harmless green.

JELLIES

HOW TO BE SUCCESSFUL WHEN USING GELATINE.

To make delicious and palatable jellies, etc., from gelatine, the following directions must be carefully observed:

Never boil your gelatine. Soak shredded gelatine until soft. Soak granulated 1 minute. Both will dissolve easily when boiling water or milk is added. Use more or less sugar or flavoring, according to taste. See that vessels and straining bags are perfectly clean. Always use a double boiler or set vessel containing the ingredients in another vessel containing warm water. All jellies should be strained through a flannel bag or some close-woven cloth. To harden jellies, etc., set in a cool place or on ice. Use more or less liquid according to the weather and your cooling facilities.

Jellies should not be too hard. Wet moulds in cold water before using. Dip moulds in luke warm water to loosen jelly from mould.

FANCY SURPRISE.

One box gelatine, 2 cups granulated sugar, 1 lemon, 1 pint milk, 1 teaspoonful vanilla, 1 cup cold water, 1 pint of hot water, 6 egg shells. Dissolve 1-2 box gelatine in 1 cup of cold water, add 1 pint of boiling water, juice and grated rind of 1 lemon, 1 cup granulated sugar, set in a cool place to harden.

Place 1-2 box gelatine and 1 pint of milk in a double boiler until gelatine is dissolved, add 1 cup granulated sugar and 1 teaspoon vanilla. Have ready 6 egg shells from which the eggs have been removed by breaking as small a hole as possible in the large end only. Fill these with the milk mixture and set aside to harden. To serve, place jelly on suitable dish and break up with a silver fork to represent straw, carefully remove the shells from gelatine eggs and lay them in the center of jelly. This dish is especially pleasing for children's birthday party or Easter.

TOMATO JELLY.

Stew contents of 2 pound can of tomatoes 20 minutes with a slice of onion, 6 sprigs parsley, 12 cloves, blade of mace, 2 sticks celery; strain through a sieve, return liquid to the fire and add 1-2 cupful vinegar, 2 tablespoons sugar, teaspoon salt, 1-2 teaspoon paprika (which is a sweet Hungarian pepper) and 2 tablespoons gelatine softened in a little cold water. Stir until gelatine is dissolved, but do not boil; turn into a dripping or shallow pie tin, set on ice until firm, and set in hot water just long enough to loosen from the pan; cut into hearts and remove from the dish.

WINE JELLY.

One-half box gelatine, 1-2 pint cold water. When dissolved add 1 1-2 pints boiling water, 1-2 pound white sugar, 3-4 pint sherry wine, juice of 2 lemons and rind of 1. Strain and pour into mould or dish.

BLACKBERRY JELLY.

Cook the berries, pour into a bag and drip well. To 1 quart juice add 1 pound white sugar; dissolve; put on the fire and boil until it forms a thick jelly.

CURRANT JELLY.

After steaming and squeezing currants, measure the juice and to every pint allow 1 pound of sugar. Put the sugar in a crock large enough to hold all the jelly. Then place juice on stove and let boil hard 20 minutes; then pour it over the sugar in the crock and stir until sugar is dissolved.

DUCHESS APPLE JELLY.

Cook apples same as for any jelly and strain. To 6 cups of juice add 5 of sugar; boil juice 15 minutes, add sugar, boil 10 minutes longer and just before removing from stove add juice of 2 lemons.

CRANBERRY JELLY.

Wash 1 quart of cranberries, add 1-2 a pint of water, cover the kettle and cook for 10 minutes. Press through a sieve, add 1 pound of sugar, stir over the fire until the sugar is dissolved. Bring to a boil and turn at once into a mould. To keep its

form nicely it must stand in a cold place over night. Too long boiling will spoil the jelly.

CRANBERRY JELLY.

To 4 cups of washed and picked cranberries add 1 cup of boiling water. Cook until tender. Rub through a sieve, cook 5 minutes and turn into mould.

CRANBERRY JELLY.

One quart cranberries covered with water; peel and slice 4 apples into it; boil and wash through a colander. Strain, and to 1 cup of juice add 1 cup of sugar. Boil again till it jellies and pour into a mould.

MEATS

"There's no want of meats, sir,
Partly and curious viands are prepared
To please all kinds of appetites."

Massenger.

BROILED STEAK, SIRLOIN OR PORTERHOUSE.

Trim off exposed edges and remove superfluous fat. Heat broiler and grease lightly with a piece of fat on a fork. Place steak on broiler with skin edge toward handle. Open chimney damper and check of range, and hold steak close to the clear red coals, turning every 10 seconds. When half the time allowed for cooking has expired, reduce the temperature by holding broiler higher, and turn as before until cooked. Serve on hot platter, garnished with cress and slices of lemon.

Time for broiling: Steak 1 inch thick, rare, 4 minutes; medium, 6 minutes; well done, 8 minutes. Steak 2 inches thick, rare, 8 minutes; medium, 10 to 12 minutes; well done, 14 minutes.

BEEFSTEAK.

Have the frying pan very hot, (do not grease it). Cut up a piece of butter size of an egg in small bits on the meat dish; sprinkle salt and pepper over it and add any sauce you care for. Let the butter be melted before you cook steak. Put steak in the frying pan and turn from side to side rapidly 4 times. Let it cook about 2 minutes on each side and then put it on the platter, turning several times in the melted butter. Serve at once.

MOCK DUCK.

Take 3 or 4 pounds of tender round steak, cut quite thin; if not very tender beat a little; spread over just a little salt and pepper smoothly. Have a dressing ready made of 5 stale rolls or 6 large slices of bread, moistened until it can be easily chopped with a spoon; 1 large spoonful of melted butter, 1 very small onion, several sprigs of parsley, pepper and salt to taste; spread

over the steak and then fold it over and roll it up. Put any dressing which may be left, on top and add a small quantity of parsley; lay carefully in baking pan, add about 1 pint of hot water and let it cook steadily for 3 hours; add a little more water, if necessary; take up carefully; thicken the gravy with burned flour and pour over or serve in a gravy boat.

BEEFSTEAK PUDDING.

Make a pastry for boiling of 1 pound flour, 1-2 pound finely chopped suet and water; roll out about 1-4 inch thick and line a well greased pudding dish. Take 1 1-2 pounds good beefsteak and cut into thin slices about 4 inches long. Season well and flour; then lightly roll them; fill the dish with these, pouring in sufficient water to make gravy. The top must be covered with the remainder of the rolled pastry, taking care to secure the edges. Steam for 4 or 5 hours and leave in dish.

FILLET OF BEEF.

Wipe, remove the fat, veins and and any tendonous portions from a 3-pound fillet. Put 1-2 pound of butter in a hot frying pan, and when melted put in fillet and turn frequently until the entire surface is seared and well browned; then turn occasionally until done, the time required being about 30 minutes. Remove to a hot serving dish and garnish. Serve with brown mushroom sauce.

The garnish in this case makes the dish a feast to the eye as well as to the palate. Scrape carrots and cut into tube-shaped pieces, using a French vegetable cutter; there should be 1 cupful. Cook in boiling salt water until tender, drain and season with butter, salt and pepper. Drain 1 cupful of canned peas, rinse thoroughly with cold water, heat to the boiling point, and season with butter and salt. Cook half a cupful of seedless raisins in boiling water until plump, and then drain. Wipe 1-2 pound of mushrooms and saute the caps in butter for 5 minutes. Arrange the carrots, peas, raisins and mushroom caps around the fillet and put a sprig of parsley on top.

ROLLED FLANK STEAK.

A flank steak is a lean piece of beef weighing 2 pounds and cut from the inside of the flank. It is free from bone, the grain

runs lengthwise, and the whole piece is covered with a tough muscle which the butcher easily strips off. Quick cooking will not give a tender result as we find in a sirloin steak, but it is juicy, well flavored and inexpensive, and if slowly cooked will prove tender and very palatable. Lightly score the surface on both sides with a sharp knife, rub one side with salt and pepper, sprinkle with onion juice, chopped parsley and a little thyme or savory, roll up and tie. Melt some dripping in a frying pan and in it brown the meat, turning until completely seared and colored, then transfer to a deep pan or dish—a casserole is just the thing if you have one. To the fat in the pan add 1 tablespoonful of flour and stir well-browned; add gradually 1½ cupful of water or stock and stir till thick and smooth. Season with salt and pepper; add 1 1-4 cupful of vinegar or claret and pour round the meat. Cover closely and place in a moderate oven for 2 hours. Remove the twine, lay on a hot platter and pour around the gravy.

BEEF A LA IROQUOIS.

Two cupfuls of finely chopped cooked meat, 2 tablespoonfuls of butter, 1 small onion, 1 cupful of tomato, 2 tablespoonfuls of flour, 1 cupful of stock, salt and pepper to taste. Melt and brown the butter, add the onion, sliced, and cook until a delicate brown. Add the flour and brown, stirring all the time, then add the meat. Add the stock and tomatoes and cook until thoroughly heated. Serve on a hot dish garnished with toast.

MEAT LOAF.

Chop fine 2 pounds of good lean beef, 1-2 pound of suet and 1 onion; put in mixing bowl, season with 2 tablespoonfuls salt, 1 salt-spoonful pepper, add 2 cupfuls fine bread crumbs and moisten with 2 well-beaten eggs; mix well and shape into the form of a loaf, using the hands, adding flour sufficient to prevent the loaf from falling apart. Bake in moderate oven about 35 minutes, dusting with melted butter. Drain a can of mushrooms cut from stalks, then place them in a pan with 2 ounces of sweet butter, season with 1-2 teaspoonful salt, add 1 saltspoonful pepper, cover and simmer 20 minutes; pour over meat loaf and serve hot.

MEAT LOAF.

Chop 2 pounds of lean beef fine, together with 1-2 pound of suet and 1 onion. Then turn into mixing bowl; season with 2 teaspoon of salt, and a saltspoonful of pepper; add 2 cupfuls of fine bread crumbs and moisten with 2 well beaten eggs; mix well and shape into the form of a loaf, using the hands, adding flour sufficient to prevent the loaf from falling apart.

BEEF LOAF.

Two and 1-2 pounds beef, 2 cups rolled crackers, 2 cups milk, 2 eggs, 1 saltspoonful pepper, 1 1-2 saltspoonful salt, 2 tablespoonfuls melted butter, 1 large onion. Nutmeg to taste.

GROUND BEEF HASH.

Instead of grinding the raw beef try this plan. First throw the tough end of a sirloin steak, which is not tender when boiled, on a very hot griddle, turn immediately. While hot cut into small pieces and run through a meat chopper, letting the ground meat fall into the griddle. Return to the fire for a moment, season with salt and pepper. Do not allow to heat too long, so as to dry up the juice of the meat. Serve at once.

BEEF BALLS.

Take a small piece of lean steak and with a teaspoon scrape the meat off, leaving fibre. Make meat into a small ball and turn quickly on a hot stove lid. A little butter, pepper and salt may be added.

MARIETTA BEEF BALLS.

Three pounds good round steak, 4 eggs, juice of 1 lemon, 1 cup flour, 1 onion chopped fine. Mix the above ingredients, adding salt and pepper to taste. Make into balls and fry a light brown, dipping each ball into vinegar before frying. A nice gravy can be made for this by stewing the trimmings of the steak. After the juice is extracted, remove the crisp particles and thicken with a little flour and season. Pour this over the balls and serve with slices of hard-boiled egg and lemon.

CROQUETTES OF COLD MEATS.

Cold beef, mutton or chicken, chopped fine, 2 hard-boiled eggs, 1 cracker rolled; season with pepper, salt and butter; mix

well together with 1 raw egg, into little balls and bake in the oven.

HORNETS' NEST SLICED MEAT.

Secure a nice, thick juicy round roast. Boil 2 hours. To the water add salt, vinegar, cloves, spice, mace, onions and summer savory, to suit the taste. Serve cold. Cut in large thin slices.

SOUTHERN RECIPE FOR CORNING MEAT.

Twelve pounds salt, 4 pounds brown sugar, 1-4 pound saltpetre. Mix the above well together and sprinkle the meat with it; then pack the meat very tight in keg or barrel and let it stand a day or two, then pour over it a pickle made of the remainder of the salt, etc. Make the pickle with cold water. Let it stand a day and skim before putting it on the meat. It must be strong enough to bear an egg and will take 6 gallons of water to make it so. If this quantity of pickle or brine is not enough to cover the meat, make more, using same proportions of salt, etc. Let the meat remain 3 or 4 weeks in this pickle before using. Can be smoked or boiled. This quantity will can 100 pounds of meat.

VEAL LOAF.

Two pounds finely chopped veal, 1 cup bread crumbs, 3-4 cup sweet milk, 1 egg, 2 tablespoonfuls of butter; grate 1-4 teaspoonful of nutmeg and add to the above with 1-4 teaspoonful of black pepper and juice of lemon. After this has been thoroughly mixed, roll in bread crumbs and shape it to look like a loaf; put in pan with a cup of water; bake. When cold it slices beautifully and is excellent to serve at lunch.

VEAL LOAF (RAW VEAL).

Pass 3 1-2 pounds of raw veal, 1-4 pound of fat salt pork, and 1-4 pound of cooked ham through a food chopper, with 6 common crackers. Add 1 tablespoonful of salt, 3 eggs, beaten without separating the whites and yolks, 3 tablespoonfuls (or more, if needed, to make the mixture cling together) of cream, milk, white or tomato sauce, and 1 teaspoonful of pepper. Add, also, at discretion, the grated rind and juice of 1-2 a lemon, 1 teaspoonful of sweet herbs or parsley, and ¼ a teaspoonful of

mace. Mix the ingredients thoroughly and shape into a compact loaf. Slide on to a tin sheet and set this on the rack in a baking pan. Cover with slices of bacon or salt pork, and bake between 2 and 3 hours, basting every 10 minutes with bacon or salt pork fat. Serve cold, sliced thin.

JELLIED VEAL.

Two or 3 pounds of veal near shank, without much bone. Wash and put in boiling water enough to cover. Boil rapidly for about 20 minutes, then simmer until meat is tender. Cool in the water in which it is cooked, which should be reduced to just enough to moisten meat nicely. When cool chop fine and season to taste, using salt, pepper, sage or onion; mix with the stock, and place one layer in a mould, slice over it a layer of hard-boiled egg, then a layer of meat, until the dish is full. Put on ice and serve cold in slices.

VEAL PIE.

One and 1-2 pounds filet of veal cut in small pieces; 1-4 pound lean ham or bacon, cut in small pieces; with butter. Stew well together in pie dish with seasoning and sufficient water to cover. When tender, add 2 hard-boiled eggs sliced, a small quantity of minced parsley and thyme. Cover with pastry and bake.

NEW ORLEANS DRESSING FOR VEAL ROAST.

Brown 1 cup of flour; mix it well with the veal broth; let it cook slowly until it is smooth; then add small slices of green peppers and onions, a little parsley, and 1 tablespoonful of tomato ketchup; cover the roast with it, then sprinkle with grated bread crumbs; place in the oven to brown.

SPARTANBURG SAUSAGE PONE.

Use equal parts of pork sausage and cold mashed potatoes, well seasoned with salt and pepper. Make into pone and bake quickly.

HILLSBORO PORK SAUSAGE.

To make pork sausage, grind meat; to 1 pound of meat add 1 saltspoon of pepper and 1 teaspoon each of salt and sage.

BANANAS WITH BACON.

Slice bacon thinly and fry gently on an iron frying pan; drain on paper, and place on a hot platter. In the bacon fat cook bananas peeled and sliced. Serve immediately.

DEVILED HAM.

One-half pound raw ham cut in thin slices, 1 tablespoonful mustard, 1 tablespoonful vinegar, 2 tablespoonfuls melted butter; 1-4 teaspoon cayenne pepper, a slight dredging of flour. Mix all the ingredients, spread on the ham, both sides; dredge with flour, broil for 8 minutes. Serve at once.

WITH A LEG OF LAMB

If it is to be boiled add 2 bay leaves to the water in which it is to cook and save the liquor for a soup. If to be baked, place 1 1-2 cups of hot water in a small saucepan, add 1 teaspoon each of powdered clove and cinamon and baste the lamb, using this instead of hot water. It adds a delicious flavor, especially if the meat be served cold.

The second time a roast appears on your table it is sliced cold and accompanied by a tasty dressing made as follows: Cook 1 egg until hard cooked, mash the yolk and chop the white. To the yoke add 1 teaspoon of sugar, 1-2 teaspoon of salt, 1 teaspoon of mustard, 1 tablespoon of olive oil and 2 tablespoons of vinegar. Mix well and sprinkle the chopped white on top. Pass in a mayonnaise cup and serve the meat garnished with parsley.

The bone yields us yet another meal. Cut all the meat off and crack the bone, place in a stewpan and cover with warm water. Add 4 sprigs of parsley, a dash of paprika, salt to taste add 1 teaspoon of lemon juice. Let simmer 1-2 hour and thicken with flour. Cook until flour is done and serve on toast.

ROAST LAMB.

Roast quickly for 2 hours. When ready for the table the shoulder must be separated from the ribs with a sharp knife, raised up and a small piece of butter and a little salt and lemon juice thrown in over the meat. The shoulder must then be restored to its place. If roasted with slices of turnip and carrot laid over it beneath the paper which covers it, it may be glazed

and served on stewed green peas. Salad and mint sauce are placed in separate dishes.

LAMB CHOPS AND GREEN PEAS.

While loin chops are preferred by man, rib chops make the best appearance at a formal meal. Broil them and serve prettily garnished with parsley or watercress. A quart of shelled peas will be ample for 6. In a saucepan melt together 2 tablespoonfuls of butter, 1 scant teaspoonful of salt, 1-2 teaspoonful of white pepper and 1 scant teaspoonful of sugar. Turn the washed peas into this, cover, and shake over the hottest part of the fire for 5 minutes; then add 3 tablespoonfuls of boiling water, cover again and draw to one side, letting cook slowly until tender; if young from 25 to 30 minutes will be ample. More water may be added from time to time to keep them from burning, but they should be almost dry when done.

SLICED LAMB'S LIVER.

Boil a lamb's liver till very tender, mash to a paste with a fork, adding a spoonful of butter, salt, pepper and a little mace. Press into a bowl and slice when cold.

KILLARNEY STEW.

Parboil lean mutton, then remove meat and brown in hot fat; after flouring, place browned fat pork in bottom of deep kettle; then place alternate layers of thinly sliced onion, carrot and mutton cut into small pieces, then potatoes cut an inch thick; salt and pepper. Place cover over after pouring in the mutton water, from which all fat has been removed; let simmer until carrots and potatoes are tender; then remove to hot dish until the liquor is converted into a creamy sauce by adding flour; add pinch of summer savory, and when serving, place a small baking powder biscuit on top of each bowlful of stew before adding sauce.

CHICKEN, SOUTHERN STYLE.

Split the chicken down the back as for broiling; wipe dry and rub all over with salt and pepper. Put in a baking pan with a slice of bacon and two cups of water. Cook about an hour, basting frequently.

MARYLAND CHICKEN.

Joint a young chicken, roll in seasoned flour, then egg and crumb the joints. Lay in a dripping pan and on each joint lay a thin slice of fat bacon. Bake 20 minutes in a very hot oven, removing the bacon to a platter when thoroughly crisp. Arrange the joints with the bacon, thicken the fat in the pan with 2 level tablespoons of flour, add 1 cup of thin cream, and when thoroughly blended, strain over the meat.

ROAST CHICKEN.

Carefully clean the bird, which may be stuffed or not, as desired. Sprinkle with salt and pepper and place on slices of salt pork in a rather deep baking dish. Add a little water and place in a very hot oven, allowing 14 or 15 minutes to each pound. Baste frequently. About 15 minutes before it is done, remove from the oven, rub the tops and sides well with butter, dredge with flour and return to the oven for a few minutes. Garnish with parsley.

CUMBERLAND CHICKEN PIE.

Disjoint and cut the chicken into small pieces. Boil in water enough to cover. Remove scum every few minutes; add 1 teaspoonful of chopped onion, 1 tablespoonful parsley, small lump of butter, pepper and salt. When well cooked, allow to cool and add 2 well beaten eggs and a little cream. Line a pan with rich pie crust and bake until crust is nicely browned.

BONED CHICKEN.

Boil a chicken in as little water as possible until meat will fall from bones, remove all skin, chop together light and dark parts, season with pepper and salt. Boil down liquid in which chicken was boiled, then pour it on the meat, place in tin, wrap tightly in cloth, press with heavy weight for several hours. Serve cold, cut in thin slices.

UNCLE RASTUS' MOLDED CHICKEN.

Cook a fowl until the meat slips from the bone, letting the water cook nearly out the last 1-2 hour and season with pepper and salt. Remove the bones, gristle and skin and chop the meat, placing a layer in a mould, then a layer of cold, sliced boiled

eggs, alternating till the dish is full. Heat the liquid in which the chicken was cooked, pour over the mould, then set aside to cool and harden. Slices, when nicely seasoned, are very appetizing for cold lunches, and fried in batter make an excellent breakfast dish.

PRESSED CHICKEN.

Boil a chicken until tender; take out all the bones and chop the meat very fine; season with salt, pepper and plenty of butter. Add to the liquor the chicken was boiled in, 1 cup of bread crumbs made soft with hot water, add to this the chopped chicken. When heated, take out and press into a bowl. Serve cold.

NEWBERN SMOTHERED CHICKEN.

Split open in the back, lay flat in the baking pan, sprinkle with salt, pepper and add 1 teacup of water. Lay on bits of butter and sprinkle with flour. Bake in a moderate oven 1 hour.

ATLANTA CREAMED CHICKEN.

Cut up 2 spring chickens and stew until tender, adding pepper, salt and butter. Just before serving, turn over it 1 cup of cream, thickened with flour, a lump of butter and 2 sprigs of chopped parsley. Let boil up once and turn into a tureen.

SCALLOPED CHICKEN.

Equal parts cold chicken, boiled rice and tomato sauce. Put in layers in shallow dish and cover with buttered crumbs. Bake till brown.

DEVILED CHICKEN OR VEAL.

Boil 1 chicken or 2 pounds veal very tender and grind fine. Use 6 hard-boiled eggs, 1 teaspoon mustard, salt and pepper to taste. Chop eggs and stir into meat. Add sour cream, a dash of lemon (also onion, if desired,) to make very smooth. Serve on lettuce leaf, or between thin slices of bread. Makes delightful sandwiches.

TERRAPIN CHICKEN.

One chicken boiled (or cold left overs), 1-4 tumbler cream. Put on fire and beat together. Add 3 eggs, hard boiled, mashed fine. Add to this 1-4 pound butter, 1-4 teaspoon pepper, 1 tea-

spoon salt, 1 wine glass sherry wine. Mix all together to a paste and stir into chicken and cream. Pour in another wine glass of sherry wine just before serving on toast.

TO ROAST TURKEY.

After the turkey has been carefully filled, sew it up, draw the thighs close to the body and skewer or tie with twine, crossing the drumsticks over the tail. Turn the tips of the wings back and skewer or tie close to the body, not over the breast. Rub the turkey all over with soft butter, salt, pepper and flour and lay breast down on a rack in a baking pan, with a few pieces of turkey fat serving as cushions. Put into a hot oven 5 minutes, or until the flour begins to color, then reduce the heat slightly and add a cupful of the stock from the cooked feet or simply hot water to the pan. If the turkey shows signs of browning too rapidly, cover with greased paper (the paraffin paper that comes as lining for cereal or cracker boxes is excellent for this purpose). As fast as one chars replace with another. Baste frequently, dredging lightly with flour after each basting. An 8-pound turkey will require 2 or 2 1-2 hours to roast. To tell whether it is done, test the thigh with a small fork. It should separate easily from the body.

Remove to a hot platter and set where it will keep warm while you make the gravy. If there is much fat in the pan pour off nearly all. Set the pan on the stove and stir 2 tablespoonfuls of flour into the fat. Stir smooth, let it brown a moment, then add gradually boiling water to make the consistency desired. Salt and pepper more highly, if necessary, and if the gravy is not rich brown add a tablespoonful culinary bouquet.

TO PREPARE A FOWL.

When your fowl comes home from the butcher's you will, in all probability, find it dressed, and with the liver, gizzard and heart returned to the inside. After removing all the little feathers that may have escaped notice when the fowl was plucked hold over the gas flame or a twisted newspaper lighted in the firebox of a coal stove and singe. Next remove the red parts—the lungs that cling to the ribs—and throw them away.

Cut the oil bag carefully from the tail and take out every

particle of it, as it imparts a strong odor. Turn the skin back at the neck and cut off the neck close to the body. Draw out the tendons from the drumsticks with a fork or a dull-pointed skewer. This makes the flesh of the drumstick much more tender.

All the fat from the inside of the fowl should be removed, for in a turkey, goose or duck it is too strong for cooking. All chicken fat shoul be saved and tried out, as it makes a most delicate shortening, or it may be used in making a mayonnaise dressing. After the fowl is well cleaned, wash thoroughly inside and out, then rinse and dry. The giblets should be well cleaned and then cooked in a saucepan with boiling salted water until tender, when they may be chopped and added to dressing or gravy, as preferred. If they are to be used in the dressing cook several hours beforehand.

STUFFING FOR FOWL.

The stuffing for a fowl of whatsover sort may be a plain bread variety, seasoned with parsley, onion, a little celery and salt and pepper; a chestnut stuffing, one of oysters, olives, mushrooms, or the giblets with the bread. A little sausage or fat salt pork mixed with bread makes a rich dressing. One of the best dressings is the dry Philadelphia stuffing.

DRY PHILADELPHIA STUFFING.

To make this dressing, which is never soggy nor heavy, as wet dressings are apt to be, but falls apart like well-cooked rice when served, use 2 quarts of stale, finely crumbled bread. Season with 2 even tablespoonfuls salt, 1 heaping teaspoonful pepper, 2 tablespoonfuls each powdered summer savory and minced parsley and 1 of powdered sage. Rub a cupful of butter through the bread crumbs; then having dusted the cavity of the bird with salt and pepper and a little poultry seasoning or sage, stuff full and sew up. Push the legs close to the body and draw the wings back so that the breast may stand out plump and fair, affording the carver an easy task. Rub 1 teaspoonful of salt over the bird, brush over with olive oil or melted butter, dredge with flour, lay breast down in the dripping pan, add a little hot water to the pan and roast in a medium hot oven, basting fre-

quently. If too hot protect the bird with a thick sheet of buttered paper or the paraffin paper that comes already prepared. Allow 10 minutes to the pound for roasting after the first 20 minutes.

BUTTERNUT AND POTATO STUFFING.

Add to 1 quart of mashed and beaten potato 1 quart of bread crumbs, 1 1-2 cups butternut meats, blanched and chopped, 1 level teaspoonful of salt, 1-2 teaspoonful pepper, 1 tablespoon mixed herb seasonings, 1-2 cup cream and 1 beaten egg.

NORFOLK DRESSING FOR TURKEY OR ROAST CHICKEN.

Take cold lightbread and a corn dodger and crumble togther. Season with pepper, salt, butter, 3 hard-boiled eggs crumbled, celery seed, and mix together dry. Use no water, this makes it heavy. Make into balls, press together and fill the inside of the fowl, laying a good-sized ball outside the neck part; fill until plump and firm. If you wish to stuff with oysters, stew them first and mix with the dressing, half and half.

FORTRESS MONROE DRESSING FOR TURKEY.

One pint bread crumbs, 1 pint fresh oysters, picked over and washed; butter size of an egg, salt and pepper. Scant teaspoonful celery seed. Add sufficient liquor from the oysters to moisten. Fill turkey with the dressing and bake.

ASPARAGUS DRESSING.

One can of asparagus tips, carefully drained and mixed with an equal quantity of grated bread crumbs, after which is added in the order mentioned, 2 tablespoons of melted butter, 1 chopped hard cooked egg, a dash of white pepper, 1 saltspoon of salt, 1 small Bermuda onion minced and browned in butter, a tiny speck of grated horse-radish and a very little rich milk. Drain the dressing after mixing so that it will be very dry and stuff as usual.

CELERY STUFFING.

Stew until tender 1-2 bunch of celery that has been cut into small pieces, adding while cooking 1-2 a minced onion, 1 saltspoon of salt, a dash of paprika, a few drops of Worcestershire

sauce and 1-2 teaspoon of meat glaze. Now press through a puree sieve, adding 1-2 loaf of grated whole wheat bread and 3 tablespoons of thick cream sauce; mix lightly but thoroughly and flavor with a small wineglass of sherry, if liked.

BERLIN DRESSING.

Pass through the meat chopper 1 pound of cold cooked veal, 3 small sausages that have been parboiled for 8 minutes, 2 or 3 sprays of parsley and 6 stoned olives; mix the ingredients together until reduced to a paste and then stir in gradually 2 cups of grated rye bread and 1 well beaten egg. This dressing should be rather dry and is sufficient to fill a 12-pound turkey.

MUSHROOM STUFFING.

Chop rather coarsely a pint bottle of mushrooms that have been carefully drained, adding a small cup of oysters, 6 crumbled dinner rolls, a pinch of powdered mace, a seasoning of salt and pepper, 1-2 teaspoon of poultry seasoning and 1-2 cup of rich cream sauce. Flavor with Maderia and stuff the turkey at least 18 hourse before it is to be roasted.

BROWN BREAD STUFFING.

Grate into a mixing bowl 2 loaves of Boston brown bread, gradually adding 6 chopped hard cooked eggs, 1-4 pound of minced cold boiled tongue, a pinch of cayenne pepper, a tiny pinch of thyme, 1 drop or 2 of tabasco sauce, and sufficient tomato catsup to moisten; cook for a few moments over hot water, filling the turkey before it is quite cold.

NUT AND RICE DRESSING.

Boil a quart of chestnuts in slightly salted water, and after shelling pound to a paste in a mortar, moistening with a little sweet cream and gradually adding 1 cup of boiled rice, very dry, 1 teaspoon of peanut butter, 2 powdered soda crackers, 1 tablespoon of melted butter, 1 saltspoon of paprika, 1-4 teaspoon of ground cinnamon, a pinch of celery salt, and 1-2 teaspoon of salt; mix well and set in the ice chest until it can be readily formed with the hands; use about 12 hours before the bird is roasted.

CABIN ROAST CAKES.

When baking a roast make flat cakes from a dressing prepared as for chicken, with the addition of a bit of chopped onion. Bake in a dripping pan and serve with the roast and gravy.

A PRETTY SIDE DISH.

Mince turkey after it is stewed, put boiled rice around dish and set in stove to brown; garnish rice with boiled egg.

TO BROIL QUAIL.

Pick the birds nicely without scalding; singe off fine hair; split them down the back and flatten the breast bone. Have your griddle iron over a bed of hot coals. Tie up a good sized lump of butter and lard into a cloth and baste them often while broiling. When you first put them on turn down the breast part, turn over once or twice so as to get them well done on both sides. Pepper and pour over drawn butter. Serve on toast.

FAYETTEVILLE ROAST QUAIL.

Boil quail until they can be pierced with a fork. Put a small slice of fat pork with a bit of butter, on the breast of each bird. Brown inside the oven, thicken the gravy and serve hot on toast.

ROASTED DUCK.

After cleaning the bird, stuff it with a bread dressing seasoned with bacon drippings, green parsley, celery, pepper and salt. Spread the skin with melted butter and dredge with flour; then set in a moderate hot oven and baste with hot water and melted butter every 15 minutes. Allow 1-2 hour to heat the duck, then allow 10 minutes for every pound of duck to cook. When done the drippings in the pan should be a rich brown to use as the foundation for the gravy.

ROAST GOOSE OR DUCK.

Singe and wash the skin well and flatten the breast bone by striking it with a rolling pin. Stuff partly full with mashed potatoes highly seasoned with sage, onion, salt and pepper, with a little butter. Put in a deep pan and baste often. Allow 18 minutes to the pound for cooking a young goose, 1-2 hour for an older one.

MAKING AND COOKING CROQUETTES.

This recipe will answer for all meat croquettes, keeping the proportions exactly the same and changing the seasoning to suit the meat. Chop sufficient cold cooked meat to make 1 pint. Put 1-2 pint milk over the fire; rub together 1 tablespoonful of butter and 2 of flour; add to the milk and stir until thick and smooth. Season the meat with 1 teaspoonful of salt, a dash of pepper, 1 teaspoonful of onion juice, and 1 tablespoonful of chopped parsley. Add, if you like, a little celery seed. Mix the meat with the paste and stand aside to cool. When cold form into croquettes, dip in egg and roll in bread crumbs; then fry in smoking hot fat, 365 degrees Fahrenheit. The quantities given will make 7 croquettes, which may be served plain, with tomato sauce or peas.

MISSISSIPPI MEAT CAKES.

Two cupfuls of chopped cooked meat, 3 tablespoonfuls of cracker crumbs, 2 eggs, 2 tablespoonfuls of butter, 1 small onion, salt and pepper to taste. Chop the onion very fine. Melt the butter, add to the cracker crumbs, mix with the eggs, meat and seasoning. Make into flat cakes and saute in butter or dripping.

VANCE MEAT FRITTERS.

Chop finely cold cooked meat to make 1 cup. Season well with salt, pepper, onion juice and a little chopped parsley. Make a thick batter with 1 cup of flour, 1 egg, 1 teaspoon baking powder and a pinch of salt, adding milk to moisten (about 1 cup). Put the meat into this and drop by spoonfuls into hot fat. Cook until golden brown and drain well before serving. Send to the table plain or with tomato sauce or brown gravy.

SWEET POTATO HASH.

Dice cold boiled sweet potatoes, adding a little chopped onion, 2 tablespoons of minced cold boiled salt pork, 1 tablespoon of chopped celery and sufficient cream sauce to moisten slightly, season with salt, pepper and a pinch of curry powder. Turn into a hot frying pan in which is 1 tablespoon of melted butter and cook until well browned on the under side.

MEAT PORCUPINES.

Chop fine lean cooked veal, chicken or lamb, add 1-4 its amount of cracker or bread crumbs, and a little chopped bacon, with salt, pepper and lemon juice. Moisten with beaten egg and stock, or water enough to shape it. Mould it into an oval loaf and put into a shallow pan, well greased. Cut strips of fat bacon 1-4 inch wide, 1 inch long. Make holes in the loaf with small skewer, insert the strips of bacon, leaving half an inch out. Push meat up firmly around the bacon and bake till brown.

BARBECUED RABBIT.

After skinning and cleaning place the rabbit on a covered baking pan with a sauce made of vinegar, butter, pepper and salt. Baste frequently with the sauce and let bake until tender. Serve with the sauce.

OPOSSUM.

Scald with lye, crape off hair and dress whole, leaving on head and tail. Rub well with salt and set in a cool place over night. Place on a large pan with 2 pints of water and 4 slices of bacon. When about half baked fill with a dressing of bread crumbs, seasoned with salt, pepper and onions (if liked). After returning to pan place sweet potatoes, peeled, around the opossum. Bake all a light brown, basting frequently with the gravy. When served place either a sweet potato or an apple in its mouth.

BRUNSWICK STEW.

Take 1 chicken or 2 squirrels, cut up and put on the fire with 1-2 gallon of water. Let stew until the bones can be removed. Add 1-2 dozen large tomatoes, chopped fine, 1 pint of butter beans, corn cut from 1-2 dozen ears and 4 good-sized Irish potatoes, sliced. Season with butter, pepper and salt and cook until thick enough to be eaten with a fork.

MENUS

"All human history attests
That happiness for man—the hungry sinner,
Since Eve ate apples, much depends on dinner."

MENU FOR A JANUARY DAY.

BREAKFAST

Grape Fruit Oatmeal and Cream
Beef Balls
Griddle Cakes with Maple Sugar
Coffee

DINNER

Cream of Asparagus Soup
Barbecued Rabbit
Baked Sweet Potatoes Spinach
Stuffed Tomatoes
Asparagus with French Dressing
Charlotte Russe

SUPPER

Escalloped Oysters Pimento Sandwiches
Veal Loaf
Fruit Salad Sponge Cake
Hot Chocolate

MENU FOR A COLD DAY IN FEBRUARY.

BREAKFAST

Fruit
Cereal and Cream Hot Biscuits
Baked Hash Creamed Hash Potatoes Coffee

LUNCHEON

Meat Loaf French Rolls Cottage Cheese Salad
Caro Cake Cocoa

DINNER

Onion Soup Stuffed Shoulder of Veal
Mashed Potatoes Stewed Tomatoes
Cabbage or Lettuce Salad
Preserved Peaches Cake Coffee

MENU FOR A MARCH DAY.

BREAKFAST

Sliced Bananas
Stuffed Eggs Hominy
Salmon Croquettes
Muffins Coffee

LUNCHEON

Fried Oysters Potato Salad
Brown Bread Baked Beans
Spanish Cream Buns

DINNER

Noodle Soup
Baked and Stuffed Trout
Mashed Potatoes Creamed Onions
French Peas
Charlotte Russe Mince Pie
Coffee

MENU FOR AN APRIL DAY

BREAKFAST

Fruit
Lamb Chops
French Fried Potatoes Sliced Cucumber
Corn Muffins Toast
Coffee

DINNER

Clams
Mock Turtle Soup
Radishes
Roast Spring Lamb Mashed Potatoes
Fresh Asparagus
Mushrooms on Toast
Dandelion Salad
Strawberry Shortcake Coffee

SUPPER

Spring Chicken Lettuce
Bread and Butter
Strawberry Roll Floating Island
Crackers Wafers
Tea

MENU FOR A MAY DAY.

BREAKFAST

Strawberries with Cream
Baked Potatoes Broiled Smoked Salmon
Waffles Coffee

DINNER

Brown Onion Soup
Rolled Flanked Steak, Brown Gravy
Riced Potatoes
Scalloped Carrots Lima Beans
Watercress and Beet Salad
Caramel Custards

SUPPER

Charleston Egg Toast
Sliced Cold Tongue
Cherry Salad
Tea Cakes Prune Whip
Iced Tea

MENU FOR A JUNE DAY.

BREAKFAST

Dewberries with Cream
Hominy
Broiled Liver
Sally Lunn Coffee

DINNER

Potato Soup with Whipped Cream
Bread Sticks
Fish Timbales Tomato Sauce
Browned Farina Balls
Lamb Chops Peas
Shrimp Salad Cream Cheese
Wafers
Frozen Strawberries
Angel Cake
Coffee

SUPPER

Cold Boiled Ham
Radishes
Sliced Tomatoes with French Dressing
Strawberry Short Cake
Lemonade

MENU FOR A JULY DAY

BREAKFAST

Blackberries with Cream
Cereal with Cream
Fish-balls Pop-overs
Coffee

DINNER

Cream of Lettuce Soup
Roast Rib of Beef
Potatoes Baked in Gravy
Creamed Brussels Sprouts
Beets with Butter Sauce
Celery Olives
Coffee Ice Cream
Wafers Small Coffee

SUPPER

Filled Eggs Boned Chicken
Beaten Biscuit
Peaches and Cream Devil's Food
Iced Coffee

MENU FOR AN AUGUST DAY

BREAKFAST

Huckleberries with Cream
Sweet Omelet
Rice Waffles with Powdered Sugar
Coffee

DINNER

Maryland Chicken
Okra Corn on the Cob Steamed Asparagus
Tomato and Lettuce Salad
Watermelon

SUPPER

Molded Chicken Frozen Tomato Salad
Pineapple Sherbet Angel Cake
Iced Tea

MENU FOR A SEPTEMBER DAY.

BREAKFAST

Grapes Cereal
Creamed Codfish and Potatoes
Breakfast Cakes
Coffee

LUNCHEON

Lamb Cutlets Escalloped Potatoes
Rolls Peach Foam Chocolate

DINNER

Cream of Green Pea Soup
Chicken Pie Baked Sweet Potatoes
Buttered Beets
Lettuce Salad French Dressing
Hot Biscuits Peaches and Cream
Coffee

MENU FOR SUNDAY IN OCTOBER.

BREAKFAST

Bananas
Cereal and Cream Beef Croquettes
Raised Griddle Cakes, Maple Sugar
Breakfast Biscuits Coffee

DINNER

Julienne Soup
Broiled Steak
Creamed Parsnips Stuffed Potatoes Fried Tomatoes
Brown Betty
Cheese Small Coffee

SUPPER

Creamed Oysters Deviled Ham Sandwiches
Chicken Terrapin
Mandarin Salad Cheese Straws
Cups of Angel's Food, with Ice Cream

MENU FOR NOVEMBER.

Thanksgiving Day

BREAKFAST

Halved Oranges Oatmeal and Cream
Creamed Mackerel Hominy Croquettes
Oatmeal Muffins Coffee

DINNER

Chicken Bouillon with Croutons
Olives Radishes Celery
Baked White Fish with Butter Sauce
Roast Turkey Cranberries Oyster Dressing
Mashed Potatoes Mashed Turnips
Creamed Corn Chicken Salad
Crackers
Mince Pie Pumpkin Pie Devonshire Pudding
Nuts Raisins Candies
Coffee

SUPPER

Creamed Oysters
Cheese Straws Hot Rolls
Turkey Hash on Toast
Nut Salad Cocoanut Cake

MENU FOR DECEMBER.

Christmas Day.

BREAKFAST

Grape Fruit
Boiled Rice Baked Hash
Fried Potatoes Breakfast Gems
Coffee

DINNER

Clam Broth
Roast Goose with Dressing
Celery Cranberry Sauce
Mashed Potatoes Creamed Cabbage
Orange Salad Tarts
Plum Pudding Pumpkin Pie Xmas Sherbet
Candies Nuts
Coffee

SUPPER

Biscuits Fried Oysters
Shrimp Salad Pickled Artichokes
Buckwheat Cakes Georgia Cane Syrup
Hot Tea with Lemon

WASHINGTON BIRTHDAY LUNCHEON MENU.

Chicken Bouillon Olives Celery
Meat Loaf or Chicken Patties
Potatoes a la Creme Lettuce or Cabbage Salad
French Rolls Washington Cafe Parfait
Caro Cake Coffee

ST. PATRICK'S DAY MENU.

Potato Soup in Cups
Escalloped White Fish and Potato Balls
Sweetbreads in Spinach Cases
Irish Pancakes Donegal Potatoes
Cabbage St. Patrick Killarney Stew
Emerald Salad St. Denis Pudding
Mint Sherbet Coffee

MENU FOR A HALLOWE'EN PARTY.

Nut Sandwiches Celery Sandwiches
Scalloped Oysters Chicken Salad
Nut Cookies Nut Cakes
Apples Nuts Raisins
Spiced Claret or Mulled Cider
Coffee

MENUS FOR A CHILD OF ONE YEAR OR OLDER.

Breakfast—Cereal with milk, buttered toast.

Dinner—Strained vegetable broth with bread steeped in it.

Supper—Baked potato with olive oil. Juice of orange, sugar and crumbled bread.

Breakfast—Cereal with honey and milk. Ripe fig.

Dinner—Soft cooked egg with crumbled bread. Grape juice and water.

Supper—Baked apple with cereal and cream. Bread and butter.

Breakfast—Toast with olive oil. Soft cooked egg.

Dinner—Barley soup and rye bread.

Supper—Bread dipped in milk and spread with honey. Boiled chestnut. Cambric tea.

Breakfast—Cereal with milk. Bread and prune marmalade.

Dinner—Soft cooked egg. Sweet apple sauce.

Supper—Mashed potato with olive oil. Bread dipped in milk.

Breakfast—Oatmeal with cream and sugar. Piece of ripe sweet apple.

Dinner—Strained spinach soup with crumbled bread. Prune marmalade.

Supper—Whole wheat bread spread with cream cheese. Sponge cake dipped in juice of stewed figs.

Breakfast—Cereal with milk. Bread. Ripe fig.

Dinner—Onion soup with crusty bread. Mashed potato with olive oil.

Supper—Boiled rice and milk. Crust of rye bread.

Breakfast—Oatmeal with milk. Toast with olive oil.

Dinner—Tomato bisque with crackers. Coffee cake.

Supper—Baked potato with olive oil. Grape juice. Whole wheat bread.

PICKLES and CATSUPS

"Peter Piper picked a peck of pickled peppers."

CHOW-CHOW OR MUSTARD PICKLES.

To 1 large cauliflower allow a sufficient number of large green cucumbers to make a quart when sliced, 1 quart of tiny cucumbers, 1 quart of button onions and 1 quart of green tomatoes, measured after they have been skinned and cut into quarters, also 4 green peppers. Break the cauliflower into small flowerets, and cut the peppers into bits. Put all the ingredients together in a wooden tub or stone jar and cover with a brine made of 1 pint of salt and 2 gallons of cold water. Let the mixture stand for 24 hours. At the end of that time put all the ingredients together in a kettle, and let the water boil until they are thoroughly scalded. Then drain free of the brine and stand aside till needed. Mix 6 tablespoons of ground mustard and a cup of flour into a paste with a little vinegar. Add 1 cup of sugar and stir the whole into 2 quarts of vinegar. Pour into a preserving kettle, and stir constantly until it boils. Add the pickles and boil once again. Pack in jars.

CHOW CHOW.

One peck green tomatoes, 5 onions, 6 green peppers, with seeds, all chopped fine, sprinkle with 1-2 pint salt, and let stand over night. In the morning drain and cover with good cider vinegar cold, cook slowly 1 hour, then drain and pack into jars. Take 1 pound brown sugar, 1-4 cup mustard, 1 tablespoon cinnamon, 1 teaspoon black pepper, 1-2 pint horse radish, with vinegar enough to cover.

POTATO CHOWDER.

One peck green tomatoes, 6 green peppers, 4 onions, chopped fine, 1 large cup salt; put in a a layer of each with a portion of salt, stand over night. In the morning pour off juice, which is not to be used, take 3 cups sugar, 1 cup grated horseradish, 2 tablespoons each of cloves, cinnamon, allspice, and vinegar

enough to cover it, then stew until soft; a little mustard seed might improve it.

MUSTARD PICKLES.

One peck small cucumbers, 6 heads cauliflower, 2 quarts small white onions, 5 peppers, 2 quarts green beans. Put cucumbers in strong brine for 24 hours; steam beans and cauliflower until you can pierce with a broom straw; scald cucumbers in weak vinegar with a small piece of alum, put in bottles in layers. Scald 1 gallon of good cider vinegar, thicken with mustard to about the consistency of cream, add 2 pounds of sugar, pour over pickles while hot, cook and seal.

CHOW CHOW.

One peck green tomatoes, 1 large head of white cabbage, 1 dozen large cucumbers, 1 dozen onions, 1-2 peck green peppers, 1-2 dozen red peppers (small). Grind all together through meat grinder, let stand in salt water over night, then add it to a gallon of boiling hot vinegar. Season with mace, cloves, spice, mustard seed, also celery seed, let it cook slowly for 10 or 15 minutes, then place in glass jars. Also add 1 tablespoon of tumeric to color it.

RAGOUT PICKLE.

Two gallons chopped cabbage, 2 gallons green tomatoes, 5 tablespoons of mustard, 2 tablespoons of allspice, 3 gills mustard seed, 3 gills celery seed, 1 gill salt, 1 pound sliced onions, 1 pod red pepper, 4 ounces tumeric, 1 gallon vinegar and brown sugar to taste. Boil till tender.

CHOP PICKLE.

Cook 15 minutes: One gallon cabbage, after it is chopped; 1-2 gallon green tomatoes, after being chopped; 1 quart cucumbers, the salt water ones do nicely; 1 pint onions, 5 cents tumeric, 10 cents white mustard seed, 5 cents celery seed, 1-2 box mustard, 2 cents red pepper, 1-2 dozen green peppers, chopped up; 1 tablespoon salt, 1-2 pound brown sugar. Vinegar to cover all.

ATZ-JAR, OR SOUTH CAROLINA MIXED PICKLES.

Two quarts small cucumbers, 2 quarts small silver onions, 2 quarts wax string beans, 2 quarts small green tomatoes, 2

heads of hard cabbage, cut fine. Salt these well for 3 days. Take from brine and dry in the sun 24 hours. Pack in stone jar. To this add enough good red vinegar (hot) to cover. Four tablespoons each of cloves, whole pepper, spice and mace; 5 cents worth of whole cinnamon, 1 pint brown sugar and 1 tablespoon of turmeric. Do not use for 1 month. A most palatable pickle.

GERMAN PICKLES.

A fine relish with meats. Take 1 gallon of green tomatoes, 1-3 gallon small onions, cut them in thin slices, sprinkle with salt and pour into a bag to drain 12 hours. Squeeze out dry. Half cup broken ginger, black pepper and allspice, cloves and cinnamon; all of these must be crushed, but not ground; put them with 4 pounds sugar, in layers in a kettle with the pickle. Add vinegar to cover and boil a short time. Seal up in jars.

PICKLED EGGS.

An old-fashioned pickle dish is made by placing shelled, hard-boiled eggs in a crock and pouring over them a quart of vinegar in which has been boiled 1 tablespoon of mustard, 1 teaspoon salt, 1-2 teaspoon of pepper, 1-2 dozen cloves and 1 dozen whole allspice. Sometimes the salt is omitted and a stick of cinnamon added.

KANSAS PICKLES.

One hundred cucumbers 3 inches long, slice with skins on; 25 small onions, sprinkle each layer with salt. Let stand 3 hours, drain well and add the following dressing: One cup salad oil, 2 cups each of white and black mustard seed, 4 tablespoons celery seed, 4 quarts cold cider vinegar; stir well and cover tight.

PICKLED ONIONS.

Select small onions, remove carefully with a silver knife all the outer skins, put them into brine for 24 hours, then put the onions in a jar and pour boiling cider vinegar over them.

GREEN TOMATOES WITH ONIONS.

One peck tomatoes, 1-4 peck onions, 1 and 1-2 green peppers, 2 tablespoonfuls each of ground cloves and pepper, 1

tablespoon red pepper, 1 pound sugar, 3 pints vinegar. Slice tomatoes and onions separately, sprinkle with salt and let stand in 2 jars over night; in the morning drain. Let vinegar and spices boil, then add tomatoes and onions and cook until done.

RIPE TOMATO SOUR PICKLES.

Allow 1 pound sugar (brown) to 7 pounds of ripe tomatoes, take rather small red ones, scald, peel and leave whole, lay in layers in a jar and sprinkle with the sugar, adding a little spice whole, cloves and cinnamon; cover lightly, and kept in cellar they will make their own vinegar.

GREEN TOMATO PICKLE.

One peck tomatoes, 12 onions, 6 large green peppers, 1 ounce tumeric, 1 ounce black pepper, 1 ounce ginger, 1 pound brown sugar, 1 ounce celery seed, 1 grated nutmeg, 1 tablespoon of mace, cinnamon and powdered cloves. Chop vegetables, cover with salt and let stand for several hours. At night put in a jelly bag to drip. Next morning discard liquid, then add other ingredients and boil for about one hour.

PICALILLI.

One peck of green tomatoes, seeded; 2 large heads of cabbage, 3 green peppers, 1 small teacup salt, chop and mix well and put in a colander to drain over night. In the morning cover it with good cider vinegar and let boil until soft, drain off vinegar and put in one tablespoon each of mustard, ground cloves and allspice, 2 pounds of sugar and 3 of onions, chopped fine, if you like, cover nicely with cider vinegar and let it boil a few minutes. Put into a sauce jar and lay on the top a thin white cloth. Put an old plate on to keep it under vinegar.

COLD CATSUP.

Very nice. One-half peck ripe tomatoes peeled, not scalded; chop fine or put through a hasher; let settle and pour off part of the juice, add 2 roots of horse radish chopped fine, scant 1-2 cup salt, 1 cup ground mustard, 2 red peppers chopped, take out seeds; 1 small chopped onion, 1 teaspoon red pepper, 2 stalks celery chopped, or celery seeds, 1 heaping

tablespoon cinnamon, 1 cup brown sugar, 1 quart cider vinegar; stir well and bottle.

TOMATO CATSUP.

Boil tomatoes and press through a sieve. To every gallon of juice add 1-2 gallon vinegar, 1 teacup sugar, 3 tablespoons each of salt and cinnamon, 1 of pepper and 2 of spice. Cook till thick and bottle.

TOMATO CATSUP.

Slice 1-2 bushel tomatoes and leave in salt 24 hours, drain before cooking; use liquor for cooking. Put 1 ounce allspice, 1 ounce of cloves, 1-2 ounce cinnamon, 1 ounce pepper, 1 ounce mace and 1 ounce of ginger root in a bag, and boil with the tomatoes.

CHILI CATSUP.

Twenty-four ripe tomatoes, 8 green peppers, 8 onions chopped fine, 4 tablespoons salt, same of sugar, 2 cups of vinegar; spices if you choose; boil 3 hours. Canned tomatoes may be used instead of fresh ones, if necessary.

CHILI SAUCE.

Take 24 large ripe tomatoes, 4 white onions, 3 green peppers, 1 red one will serve, 4 scant tablespoons of salt, 1 tablespoon of cinnamon, 1-2 tablespoon of ground cloves and allspice mixed, a teacup of sugar with 1 1-2 pints of good vinegar. Peel the tomatoes and onions, chop fine, add vinegar, spices, salt and sugar. Put into a preserving kettle, set over the fire and let boil slowly for 3 hours. Bottle and seal. As good as tomato catsup and much less trouble.

CUCUMBER RELISH.

Slice 1 dozen cucumbers, 1-2 dozen onions; salt over night, then wash them in the morning and drain. Place alternate layers of cucumbers and onions with celery seed and pepper corns and a few cloves, and pour a teaspoon of salad oil over each layer and when the jar is full fill up with vinegar.

CHARLESTON PICKLED ARTICHOKES.

One peck of ground artichokes, washed clean. Soak over night in a brine salt enough to float an egg. Next morning

remove artichokes from brine and cover with following pickle: One-half gallon of cider vinegar, 1 1-2 pints cold water, 2 ounces allspice, 1-2 teaspoon cayenne pepper, 2 small red peppers, cut up; 3-4 cup granulated sugar, 1 teaspoon burnt alum. Seal in jars or crocks and do not open for 3 weeks. This recipe requires no cooking.

NARTURTIUM PICKLES.

The nasturtium pods should be gathered full sized, but green, and a small bit of the stem should be left on each. Make a brine sufficiently strong to float an egg, pour over the pods, and let stand for 2 days. Wash the pods thoroughly, and throw into clear, cold water, to stand over night. In the morning drain and pack in jars. Put a sufficient quantity of vinegar to fill the jars in a preserving kettle, adding to each pint 1 blade of mace, 1-2 dozen whole white peppers and 1 tablespoon of sugar. Place over the fire and heat to the boiling point, then pour immediately over the seed pods, taking care to have the jars heated before so doing. Store in a cool place until desired. They will be fit to use in two months, but are improved by standing longer.

SWEET PICKLES.

Seven pounds fruit, 4 pounds sugar, 1 quart fruit vinegar, handful of cloves and allspice. Boil 5 minutes, remove fruit boil syrup till thick and pour over the fruit in the jars. Seal up tight.

"DOWN HOME" PICKLED PEACHES.

Nine pounds of peaches, 3 pounds of sugar, 3 pints of good vinegar. Peel the peaches, put 2 cloves in each peach, then put them in a porcelain-lined kettle with the sugar and vinegar and cook from 5 to 10 minutes; add a little whole allspice.

CHERRY PICKLE.

Put alternate layers of cherries and sugar into a glass jar, until filled. Cover the whole with cold vinegar and seal. After several weeks the cherries are nicely pickled.

MANGOES.

One medium-sized head cabbage, 1-4 pound each of ginger root and garlic, 1 ounce each of pepper, cloves, allspice, tumaric

and nutmeg, 1-2 pint each of white and black mustard seed, and grated horseradish, 1 gill of celery seed, 1-2 teacup of olive oil, 1 cup dried red pepper cut fine, 1 bottle French mustard; shave cabbage very fine and dry with a little salt for 3 or 4 days in the sun, soak ginger root in brine until soft enough to slice, also soak garlic 2 or 3 days, then let both get perfectly dry before using. Take medium-sized cucumbers, scald in half vinegar and water with a little alum, drain, cut slit in each, take out seeds and stuff them. Take 2 pounds brown sugar to 1 gallon cider vinegar, boil and skim. Pack pickles in jar, scattering among them 1 gallon small white onions which have been soaked in brine over night.

PIES AND CUSTARDS

"No soil upon earth is so dear to our eyes,
As the soil we first stirred in terrestial pies."
O. W. Holmes.

HOW TO MAKE PIE CRUST.

The delicacy of pie crust depends not alone upon the amount of shortening used, but upon the light touch with which the pastry is handled and the proper proportion of water employed in the mixing. Some cooking authorities lay great stress upon the implements to be used in making pie crust, but one who possesses knack and a little experience can make a delicate tasty crust with nothing more elaborate to work with than a sheet of heavy manila paper to be spread on a table for the moulding board and a long smooth bottle for a rolling pin. Glass boards and pans are sanitary, but quite as effectual are the hard wood boards and the wooden rolling pins. The plates in which the pies are to be baked are preferably tin or granite. Earthen soaks grease in the course of time. Pastry flour made by the old process of grinding is usually considered the best for pie crust, but any good flour will answer.

For the shortening, butter and lard, half and half, is best, though clarified drippings of beef, chicken or pork may be utilized. To make plain pie crust, allow for each pie 1 heaping cup sifted flour, a scant 1-2 cup shortening, a saltspoon each salt and baking powder, and enough cold water to mix stiff. Have all the ingredients and utensils cold. Stir together flour, salt and baking powder, then cut in the lard or rub in with the tips of the fingers until the flour feels granular. Add cold water, a little at a time, to mix to a stiff dough, toss out on the floured board and put down to about ½ inch in thickness. Flour your rolling pin, roll out the crust with a light, deft touch, put the butter on in little dabs here and there, sprinkle lightly with flour, roll over and over, turn half round, pat out and roll again. Then roll over and over like jelly roll and divide in center. If

there is time, set these in the ice chest, each piece turned on end with the rings of pastry on top; when hard and chilled take out and roll one piece to fit the plate with an inch to spare. Double over, lift lightly and lay in tin. Press down the center so that there will be no air bubbles, and let the edge of the crust come just to the edge of the plate. Brush the rim with cold water and if the pie is to be a fruit or other juicy filling, the white of an egg brushed over the bottom will prevent soaking. Roll out some of the paste into a strip 1-2 inch in width and place on the edge. Fill with whatever you have prepared, wet the rim again before putting on the upper crust, roll out the latter, fold over and make several cuts in the center to allow for the escape of steam, then lift on to the pie. Press the edges of the crusts closely, but lightly, together, and push the two crusts away from the edge of the plate, which gives them a chance to expand. Bake in a moderate oven.

PIE CRUST FOR ONE PIE,

One and 1-2 cups flour, 1 teaspoon salt, 1-2 cup of lard, 1 cup of water. Handle lightly.

PASTRY FOR ONE PIE.

One heaping cup flour, 1 saltspoon baking powder, 1 saltspoon salt, little less than 1-2 cup lard (rather less of cottolene); mix baking powder and salt with flour; rub in the shortening; mix quite stiff with cold water. Roll out to fit plate.

PIE CRUST.

Six ounces of flour, 2 ounces of lard, 2 ounces of butter. Dissolve yoke of 1 egg into 1-2 cup of cold water. Mix this with flour, lard and butter, using a knife for mixing. No salt if for sweet things. Let pastry stay on ice for a few hours.

PUFF PASTE.

Three cups flour, 1-2 cup lard, 1-2 cup butter, a little salt. Mix half the lard and butter thoroughly in the flour with the hands, then mix little ice water. Roll out thin and spread the grease then fold and repeat until all the lard and butter has been used. Crust will be quite flakey and nice.

MINCE MEAT.

Four pounds beef from round, 2 pounds suet, chopped fine; 8 pounds chopped apples, 4 pounds raisins, 2 pounds citron, 3 oranges, juice and rind; 3 lemons, chopped; sugar and salt to taste, cinnamon, cloves, allspice, mace, ground; 1 quart boiled cider and plain sherry wine and brandy. This makes 3 gallons.

HOME MADE MINCE MEAT.

Add to 1 cup chopped meat (the tough end of a sirloin steak cut off before cooking and boiled tender will make just about enough and put to use a bit of meat often wasted) a quarter cup beef suet, freed from strings and chopped; 2 heaping cups chopped tart apples, 1 cup sugar, 1-2 cup molases, 1 teaspoon each salt and cinnamon, 1-2 teaspoon round cloves, 1 grated nutmeg, 1 cup each stoned raisins and cleaned currants, 1-4 pound shredded citron, 1 cup meat liquor from the stock in which the meat was cooked, 2-3 cup boiled cider, sweet, wine of 1-2 cup brandy, as preferred, and 2 or 3 tablespoons of any tart jelly you have in the house. Mix well, and after filling the pies sprinkle with a little sugar and lay on top of each pie 12 plump raisins with the seeds cut out. Cover with a rich crust and bake in a moderate oven.

MINCE PIE.

Boil 4 pounds of lean meat, chop very fine and add twice the quantity of apples, also chopped, and 1-2 pound of raw suet chopped very fine, then add 3 pounds of raisins, seeded and chopped, 2 pounds of currants, 1 heaping tablespoon each of cinnamon and nutmeg, the same of cloves and 1-2 the quantity of mace. Sweeten to taste with brown sugar and add 3 pints of cider and 1 pint of brandy.

MINCE MEAT FOR TWO PIES.

Boil a fresh calf's tongue until tender; when cold chop it fine; add 4 chopped apples, 2 tablespoons of chopped suet, the grated rind and juice of 1 orange, 1-2 cup brown sugar, 1-2 cup of raisins, 1-2 cup of shredded citron, 1-4 nutmeg, grated; 1-2 teaspoon of cinamon, 1-4 teaspoon of cloves, and a teaspoon of salt. Moisten with cider or orange juice.

MOCK MINCE PIE.

Roll 4 soda biscuits; add to them 1 cup of raisins, 1-2 cup of currants and 2 ounces of shredded citron, 1-2 cup of sugar, 1-2 teaspoon of salt, 1 teaspoon of cinnamon; add 1-2 cup of cider, the juice of 1 lemon or 1 tablespoon of vinegar, and 1-2 cup of molasses. Mix and use.

PUMPKIN PIES.

Two and 1-2 cups cooked pumpkin, 2 cups cream (or rich milk), 1 teaspoon (scant) salt, 1 teaspoon butter, 1 teaspoon cinnamon, 1 tablespoon New Orleans molasses, 1 scant cup sugar. Beat thoroughly and add beaten yolks of 4 eggs or whole of 2. Bake in rich crust and serve very cold with stiff, whipped cream.

PIEDMONT PUMPKIN PIE.

One and 1-2 cup stewed and sifted pumpkin, 1 cup boiling milk, 1-2 cup sugar, 1-2 teaspoon salt, 1 saltspoon cinnamon, a little ginger, 2 tablespoons molasses, 1 egg, beaten lightly. Mix in order given. Line plate with paste and fill with the mixture. Bake.

PUMPKIN PIE.

Take 1-2 can of pumpkin, 4 eggs, whites and yolks beaten separately, 1 coffee cup cream or rich milk, 1-2 teaspoon salt and sweeten to taste. Flavor with 1-2 nutmeg and scant teaspoon of vanilla extract. Bake in shell of rich pastry.

PUMPKIN PIE.

One cup pumpkin, 1 cup cream, 1-4 cup molasses, 1-4 cup sugar, 2 eggs, 1-2 teaspoon salt. Meringue with whipped cream. Mix ingredients and bake in one crust. Add meringue and serve with whipped cream.

PUMPKIN CUSTARD.

One cup of pumpkin, 1 cup of sugar, 1 of milk, yolks of 2 eggs and a pinch of salt. Flavor with nutmeg and cinnamon. Beat whites, adding 2 tablespoons of sugar. Spread on top of custard and brown lightly.

PUMPKIN PIE.

Three pints pumpkin, stewed and mashed; 1 pint milk, 1-2

pound sugar, 2 teaspoons ginger (powdered), 2 teaspoons cinnamon (powdered), 1 teaspoon salt, 2 eggs.

LEMON PIES.

Juice of 2 lemons, grated rind of 1, 2 cups of sugar, 1 cup of milk, 2 teaspoons of corn starch or flour, yolks of 6 eggs. Mix corn starch in the milk, beat the eggs, sugar and milk together with the lemons and mix; bake i ndeep pie plates lined with puff paste. Beat whites to a very stiff froth, add 8 tablespoons of pulverized sugar, add a few drops of lemon juice. Cover the pie with this when done. Bake slowly.

MY AUNT'S GOOD LEMON PIE.

Take 1 thick slice of bread, pour over it 1 cup of cold water, yolks of 2 eggs, juice and rind of 1 lemon, 1 scant of sugar. Cook till thick, add bread and cracker crumbs if too thin. Bake crust until done. Fill with the above mixture, putting the beaten whites of the eggs on top. Brown in the oven.

LEMON CUSTARD.

One-half cup butter, 1 cup of sugar, the grated rind and juice of 2 lemons, 1 tablespoon corn starch, yolks of 6 eggs well beaten, and just before putting in the pastry add 1-2 cup boiling water. Make a meringue of 6 whites and 6 tablespoons sugar with juice of 1-2 lemon added.

LEMON PIE.

One cup sugar, 3 eggs (the whites of 2 reserved for meringue). Beat light. Grated rind of 1 lemon and juice of 2. One good teaspoon of cornstarch. Set vessel in hot water and stir continually until thick. Just before taking from stove add 1 tablespoon of butter. When cool pour in shell that has been baked and put on meringue and brown.

FILLING FOR ONE LEMON PIE.

Two eggs, 1 lemon, 1-2 cup bread crumbs, butter the size of a walnut, 1 cup sugar and not quite 1 cup water. Cream the butter, sugar and yolks of eggs, add the grated rind and juice of lemon, then the water and bread crumbs. Beat the whites of eggs stiff and stir in last.

LEMON PIE WITHOUT BUTTER.

Six eggs, white and yolks beaten separately, juice of 4 lemons, sweetened to taste. Bake in shell of rich pastry until custard is set. This makes 2 pies.

LEMON PIE FILLING.

Bake a good crust, bordered with two or three rims. Before putting in the oven prick the crust in several places to let the air escape and prevent blistering. To make the filling mix together 1 heaping tablespoon cornstarch and 1 cup sugar. Add 1 cup of boiling water and 1 pinch of salt; cook 10 minutes, stirring all the time until thickened. Add 1 tablespoon butter and the grated yellow rind and juice of 1 lemon; then push the saucepan back on the stove. Add the yokes of 3 eggs, well beaten, and turn into the crust. Set in the oven and bake a few minutes—long enough to color a light brown. Make a meringue by whipping the whites of 3 eggs with 3 tablespoonfus of powdered sugar until very stiff. Spread over the pie, then set in the oven, which should have been cooled down as much as possible, and let the meringue puff up slowly and color a delicate golden brown.

CHOCOLATE PIE.

Bake a crust the same as for lemon pies. Fill with a chocolate filling made after the receipt given; bake in a hot oven until a crisp brown, cool slightly, then cover with a meringue made as for the lemon pie and puff and color slowly in a cool oven.

CHOCOLATE FILLING.

Put 1 cup of milk with a pinch of salt and 1 1-2 square ground chocolate in the double boiler. When hot and smooth, stir in 2 level tablespoons flour moistened in cold milk. Cook, stirring constantly until smooth and thickened, then cook 10 minutes longer. Mix the yolks of 2 eggs with 5 tablespoons sugar; pour the hot mixture over them, stirring well; then return to double boiler and cook 2 minutes, stirring constantly. Cool, flavor with vanilla and cinnamon, put into crust, bake 10 minutes, cool again and cover with meringue.

CHOCOLATE PIE.

One tablespoon butter, 1 cup sugar, yolks of 3 eggs, 1 tablespoon flour and 1 square Baker's chocolate. Cream all together thoroughly, then add 1 pint sweet milk and cook to a jelly-like consistency. Bake puff paste in 2 pie pans, ten add mixture and merringue made from whites of eggs and 4 tablespoons sugar. Set in oven and brown.

CHOCOLATE CUSTARDS.

Yolks of 4 eggs, 1 cup sugar, 1 heaping tablespoon of butter and 1 cup of sweet milk, several heaping tablespoons of grated chocolate. Flavor with vanilla meringue. Whites of 4 eggs beaten with powdered sugar. Makes 2 custards.

CREAM PIE.

One pint of milk, yolks of 2 eggs, 3 tablespoons sugar, 2 tablespoons flour, 1 tablespoon butter; put milk into double boilers; beat sugar and yolks together—thin; then add flour, wet with a little milk, and stir into the milk; beat and then add the eggs and sugar, and last—the butter. Cook about 5 minutes, bake the crust, then add filling, beat the whites of the eggs with 2 tablespoonfuls sugar and put on the top and brown.

CREAM PIE.

Yolks of 3 eggs, 1 coffee cup of cream or rich milk, sweetened to taste. hicken with heaping teaspoon of flour. Cook in double boiler. Bake shell of rich pastry, after which fill with the custard, using the whites of the eggs for meringue. Sprinkle with pulverized sugar and set in oven to brown.

CREAM PIE.

Whites of 2 eggs well beaten, 2 teaspoons sugar, little salt, 1 pint sweet milk. Pour in crust and bake; flavor to taste.

SOUR CREAM PIE.

One cup sugar, 1-4 cup butter, 1-2 cup milk, 1 and 1-2 cup flour, 2 eggs, 1 teaspoon warm water, and 1-2 teaspoon soda.

FILLING FOR PIE.

One cup sugar and 1 cup chopped raisins, 1-2 cup sour cream whipped, 1 egg. Flavor with vanilla.

BUTTERMILK CUSTARD.

Beat well the yolks of 4 eggs. Add 1 cup of sugar, 1-2 cup of flour, 2 tablespoons of butter, 1-2 teaspoon of soda and 1 pint of buttermilk. Flavor to taste. Beat well the whites of eggs with 4 tablespoons of sugar, to be spread on top and browned lightly.

BUTTERMILK PIES.

Two eggs beaten with two cups of sugar and 3 tablespoons of flour. Add 1-3 cup of butter melted, a generous pint of buttermilk. Flavor with lemon or vanilla, or both. Bake in 1 crust. This will make 3 pies.

BUTTERMILK PIE.

One small teaspoon of buttermilk, 1 cup of sugar, 3 eggs, 1 tablespoon corn starch, lump of butter size of walnut. Flavor with lemon extract.

SWEET POTATO CUSTARD.

Boil 4 or 5 good-sized potatoes; mash well to free from lumps and beat light; add while warm, 1 cup melted butter, 2 cups sugar (brown), spices to taste, 4 eggs; use no milk; lastly wine or brandy for flavoring.

SLICED POTATO PIE.

Four boiled sweet potatoes, 1 egg, 1 pint sweet milk, 1 cup butter, melted; pour over potato 1 wine glass brandy; 1 cup raisins and a little nutmeg (grated). Pour over potatoes; cover with meringue.

STRAWBERRY PIE.

Line your pie plate (a rather deep one) with rich puff paste. Fill with fresh strawberries, sweetened a good deal with powdered sugar. Cover top with paste, but do not pinch the edges together. When baked remove the top and fill pie with whipped cream, sweetened.

MOLASSES CUSTARD.

For eggs, 1 1-2 cups molasses, 1 cup of sugar, 1 tablespoon flour, 1 tablespoon butter. Bake this with 1 crust.

CITRON TARTS,

Eight eggs, 7 ounces butter, 1-2 pound white sugar, 1-4 pound brown sugar, 1 teaspoon cornstarch. Cream butter and sugar, add yolks and 1 white, then the cornstarch. Line muffin pans with pastry. Fill with mixture. Bake. Use whites of eggs for meringue. Brown in oven.

PRESERVES

"Give us the luxuries of life, and we will dispense with its necessaries."—*John L. Motley.*

RULE FOR PRESERVING FRUIT.

One pound of sugar to 1 pound of fruit is a safe rule. The syrup should be skimmed carefully, the fruit thoroughly cooked and when set away the jars should be covered, air-tight and set in a cool, dark place.

PRESERVED PEARS.

The fruit should not be too ripe and must be pared, halved and cored. Then to every 4 lbs. of pears take 3 lbs. of sugar, with just enough water to cover it well, and rind and juice of 1 lemon and a root of green ginger, cut in small pieces. Place all together in jar and steam until fruit is perfectly tender when pierced with a straw. Or, if preferred, the pears may be boiled soft in syrup. Put in small jars and seal very securely.

WATERMELON PRESERVES.

Select a thick rind, cut in 2-inch pieces, remove all the red flesh and cut off the hard shell. Let the rinds stand in weak alum water over night. In the morning wash in cold water and drop into a weak brine. Let them stand in this 24 hours. In the morning place them in cold water until the salt has soaked out. Then boil the rind in clear water until each piece can be easily pierced with a fork. Allow 1 pound of granulated sugar to each pound of rind, and 1 cup of water. Boil it to a thick syrup. To every pound of rind allow 1 thinly sliced lemon and to every 2 pounds add 1 rounded teaspoon of ground ginger tied in a piece of muslin. Drop the rinds in the syrup and cook until clear. After the alum bath the rind is firm, yet soft enough to be easily cut in any preferred design—stars, hearts, rings or diamonds.

SPICED MELONS.

Slice, pare and cut the firm part of the melon in blocks. Steep these for 24 hours in water to which has been added enough vinegar to give them a tart taste. Then drain them and put them into a cold syrup made in the proportion of 1 pound of sugar to a pint of water. Bring slowly to boiling point, then cool. Drain off the syrup, add to it a few cloves, a bit of ginger root and some sticks of cinnamon. Boil up and pour hot over the melon. Repeat for 3 days, then seal in jars.

RIPE TOMATO PRESERVES.

Peel and quarter the fruit putting 1 pound of sugar to the same of fruit. To 6 pounds of fruit add 3 tablespoons ground ginger; boil until a clear red color. Add 3 lemons to this quantity when boiling begins, slicing lemons and removing the seeds.

GOOSEBERRY PRESERVES.

Take equal quantities of sugar and gooseberries that are nearly ripe. Make a syrup of the sugar and as little water as possible. Add the fruit and boil slowly until the berries begin to turn. The syrup should be very thick when turned over fruit, after it has been skimmed out and placed in a jar. Currants are very nice prepared in the same way.

APPLE BUTTER.

Three gallons of cooked apples, 1 quart of cider vinegar, 5 pounds brown sugar. Boil down to about 2 gallons and season with cinnamon.

APPLE GINGER.

Time about ¾ of an hour. 2 pounds of apples, 1½ pints of water, 2 pounds of loaf sugar, and a little concentrated ginger. Put into a preserving pan 2 pounds of loaf sugar pounded fine, 1½ pints of water, boil and skim it well, and then add the concentrated ginger; pare, core and divide some Golden Pippins, put them into the syrup. Boil them quickly until they are very clear, then lay them on a dish; put the syrup into a jar, and when cold put in the slices of apples, and tie it closely over to exclude the air.

QUINCE PRESERVES.

One-third apple to ⅔ quince is a mixture which will not only result in a finer flavored preserve, but the flesh of the quince seems to become more tender.

SWEET PUDDINGS

"We sit to chat as well as eat."

ENGLISH PLUM PUDDING FOR FOUR PERSONS.

Shred and chop sufficient beef suet to make 1 cup. Mix ¼ lb, of raisins, ¼ lb. of currants and ¼ lb. of candied orange peel, and dust them with 4 tablespoons of flour. Add the suet, 1 cup of dry breadcrumbs, ¼ of a nutmeg, grated, the grated rind of 1 lemon, 1 orange and 2 tablespoons of sugar. Mix well and add the juice of the orange and lemon, and 3 eggs well beaten. Work until the ingredients are moistened, and pack in a mould or kettle, cover and boil or steam for 8 hours. Make this on ironing or baking day when you are going to have a long fire. Uncover to cool, then cover and keep in a cool place. Reheat at serving time.

"MRS. C'S. PLUM PUDDING."

Three cups of chopped bread crumbs (stale bread preferred), 1 full cup of chopped raisins, ¼ cup melted butter, ½ cup molasses or brown sugar, 1 cup sweet milk, 1 small teaspoon of soda, season with ground cinnamon, cloves and a little nutmeg. Steam from 2 to 3 hours.

Sauce for this pudding: One pint of water, 1 cup of sugar, 1 teaspoon of flour; after the flour is cooked, add the yolk of 1 egg and 1 wineglass of wine with a very little mace.

WHITE FROZEN PLUM PUDDING

Is made of 1 cup of sugar, and 1 cup of water, cooked until it threads, then poured slowly over the whites of 3 eggs and beaten until stiff; when this is beaten thoroughly and is cold add 1 pint of whipped cream, 1 teaspoon of vanilla, and ½ cup each of seeded raisins, currants, English walnuts and almonds and candied cherries. The currants and raisins should be plumped in boiling water. Pour this

mixture at once into a mold, cover with paraffin paper, put on the cover, seal with lard around the edge to prevent salt water from creeping in, pack in ice and rock salt, and leave it 3 or 4 hours to ripen; then remove from the mold, place it on a cut glass round dish and garnish with holly. If a round bomb mold is used it will look quite like a snowball, especially if the fruit is kept well toward the center. Serve with a sauce made of bananas as follows: Boil 1 cup of granulated sugar with 2 of water until it threads, pour this into the well beaten yolks of 2 eggs, add the mashed pulp of 6 ripe bananas and enough lemon juice to give flavor. This sauce may be used hot and passed after the plum pudding has been cut and served, or it may be served cold, but is better hot. Tiny balls of delicate white cake covered with icing, then rolled in cocoanut, is an addition to the esthetic side of this feast.

BAKED FRUIT PUDDING.

Two quarts of stale bread without crusts; break in small pieces and put in slow oven to dry not too brown. Pour over the dry bread crumbs 2 quarts of milk, soak 1 hour, then beat it well. Add 6 eggs, well beaten, 1 cup each of sugar and molasses, 1 cup of chopped suet, 1½ lbs. of seeded raisins, 1 teaspoon of cinnamon, ½ teaspoon each of cloves and mace, ½ of a grated nutmeg, 2 teaspoons of salt. Butter a large pudding dish, pour in the pudding and bake in a slow oven 3 or 4 hours, covering to keep from getting too brown. Serve with wine sauce.

SUET PUDDING.

Two eggs, 1 cup milk, ½ cup of molasses, ½ cup of suet, chopped fine; 1 teaspoon of salt, 2 teaspoons of baking powder, sifted into 3 small cups of flour; cloves, cinnamon, and nutmeg, and as much fruit as you like. Steam 2 hours and serve with any nice sauce.

ORMOND ORANGE PUDDING.

Take 6 large oranges, cut into small pieces after removing seeds and skin, add 1 cup of sugar, and let stand. Into 1 quart of nearly boiling milk, stir 3 tablespoons of corn-

starch, or flour mixed smoothly after it is cooked, stirring all the time; when cool add the oranges and ½ cup of sugar. Make a meringue of the whites and cover.

SNOW PUDDING.

Soak ½ box gelatine in 1 cup of cold water, pour over it 1 pint of boiling water, and let dissolve, add 1½ teacups of sugar, the juice of 2 lemons, the whites of 3 eggs well beaten, set on ice and beat till it becomes stiff. Serve with whipped cream or boiled custard.

RALSTON COCOANUT PUDDING.

One cup grated cocoanut, 1 cup cooked Ralston. 1 qt. milk, ½ cup sugar, 3 eggs, 1 teaspoon vanilla. Beat eggs and sugar together. Add milk, Ralston, cocoanut and vanilla. Put in baking dish and bake 30 minutes.

CALHOUN COCOANUT PUDDING.

One pint of bread crumbs, quart of milk, teacup of sugar, yolks 4 eggs, pinch of salt, butter size of an egg, ⅔ of a grated cocoanut. Bake 20 minutes. Beat whites of eggs and mix with remainder of cocoanut, 2 tablespoons of sugar. Spread over top and brown. Serve cold with cream.

SWEET POTATO PUDDING.

Five medium sized sweet potatoes, boil until done, then mash through sieve; ⅔ cup of sugar, butter size of an egg, 2 eggs, a good pinch of salt, 1 level teaspoon allspice, ¾ cup of buttermilk and scant ½ teaspoon of soda. Mix all well together and bake in a dish greased with butter.

PLANTATION SWEET POTATO PUDDING.

One quart grated sweet potatoes, 1 qt. sweet milk, 1 cup sugar, 4 eggs, ½ lb. butter, flavor with nutmeg. Bake in a deep pudding dish well buttered. Add eggs last.

APPLE CHRISTMAS PUDDING.

Pare, core and quarter 6 tart apples; add 1 cup of water, cover and boil quickly for 5 minutes. Press them through a sieve, add 1 tablespoon of butter and ½ cup of sugar. Beat 3 eggs until light, add 1 pint of milk and 1

cup of hot boiled rice. Add the apples and bake for ½ hour; serve cold. Lemon or orange rind may be added.

PANNED BAKED APPLES.

Wash, quarter and core some tart apples, slice them in a casserole or any baking dish, sprinkle over them ½ cup of sugar to each 4 apples, add ½ cup of water; cover the dish and bake for 20 minutes in a hot oven. They must be tender but not broken. Serve warm in the dish in which they were baked.

APPLE OMELETTE.

Take ½ dozen large tart apples, 1 tablespoon of butter, 3 eggs, ½ tablespoon of sugar for each apple, nutmeg and other flavoring to suit. Pare, core and stew the apples as for sauce, and while hot beat them to a smooth pulp, adding the butter, sugar and flavoring and let stand until cold; then add eggs, beaten separately, the whites last, pour into a deep warmed and buttered dish and brown delicately in a moderate oven.

APPLE DUMPLING.

Fill baking dish ¾ full of sliced sour apples. Make a batter of ¾ cup milk, ¼ cup butter, 1 egg, 1 teaspoon baking powder, 1½ cups flour, salt. Spread over the apples. Bake 1 hour. Serve with hard sauce.

FIG PUDDING.

One-half pound chopped figs, ½ pound bread crumbs, 3 egg, white of 1 egg in sugar, the same in butter. Steam 2 hours; then serve with hot sauce.

MOLASSES FRUIT PUDDING.

Free ½ pound of suet from the membrane, chop it rather fine and add ½ teaspoon of salt, 1 tablespoon of cinnamon, and then mix in 3 cups of flour. Dissolve 1 level teaspoon of baking soda in 2 tablespoons of water, add it to 1 cup of New Orleans molasses, then stir in 1 cup of cold water. Mix these with the flour, beat well, and add 1 cup of raisins, floured. Turn into a greased pudding mould or kettle, and boil or steam for 4 hours.

NATCHEZ MOLASSES PUDDING.

Three cups of flour; 1 each of molasses, hot water and beef suet, chopped very fine, 1 cup of raisins, currants and citron, 1 teaspoon of soda, ½ teaspoon salt. Steam 3 hours. Serve with a sauce of butter and sugar worked to a cream.

TAPIOCA PUDDING.

Two tablespoons tapioca, ½ cup sugar, juice of 1 lemon, 2 bananas sliced; whipped cream poured over this. Dissolve tapioca, add sugar, add pint cold water, add juice of lemon; cook slowly. When cool add bananas and whipped cream and cherries if desired.

CHASE CITY STRAWBERRY PUDDING.

One quart strawberries put in pudding dish, ½ cup sugar, sprinkled over them. Make a nice corn starch pudding and turn over them while hot. Serve hot or cold.

DATE PUDDING.

One pound dates chopped fine, ¼ lb. suet worked into 1 lb. flour, ¼ lb. brown sugar, 2 teaspoons baking powder, pinch salt and ¼ teaspoon grated nutmeg. Make into soft dough with 3 eggs and cup of milk. Beat the whites of eggs very stiff and add last. Boil in a covered pudding dish for three hours. Serve hot with liquid sauce. This makes a large pudding, but will keep and may be steamed to use.

PRUNE PUDDING.

Cook ½ lb. prunes, when cool remove seeds and chop fine. Beat whites of 5 eggs stiff, then add 5 tablespoons powdered sugar, stir well, then add small saltspoon cream tartar and the chopped prunes. Put in a buttered baking dish, bake in very slow oven 45 minutes. Serve either hot or cold.

CHATTANOOGA CARAMEL PUDDING.

One tea cup sugar, 1 quart sweet milk, 4 eggs, vanilla to taste. Melt sugar on a slow fire; beat eggs together; pour the milk into the pan of sugar, stirring continually;

whip this into the beaten eggs. Set this in a pan of boiling water and bake in a slow oven.

BATTER PUDDING.

One teaspoon soda, 1 cup sugar, 1 cup butter, 1 cup buttermilk, 3½ cups flour. Bake in a pudding dish.

WOODFORD PUDDING.

Three eggs, 1 teacup sugar, ½ cup butter, ½ cup blackberry jam, 3 teaspoons sour milk, 1 cup flour, 1 teaspoon soda dissoved in milk, cinnamon to taste. Bake slowly.

Sauce for Woodford Pudding: Whites 2 eggs, 1 teacup sugar, 1 tablespoon vinegar, ½ cup sweet cream added just before serving.

ST. DENNIS PUDDING.

Arrange the green Maraschino cherries in a mold and pour a blancmange, which has been sweetened, salted and flavored with vanilla while preparing. Set on ice until chilled; then turn out on a plate covered with a paper doily. Thicken pineapple juice with a little corn starch, adding a little green vegetable coloring and shamrocks cut from cooked citron, and serve for the sauce.

VEGETABLE PUDDINGS.

"The proof of the pudding is in the eating."

GREEN CORN AND TOMATOES.

Cut corn from young ears to make 1 cup; add to 4 eggs, beaten slightly with 1-2 teaspoon of salt, a dash of paprika, a few drops of onion juice and 1 1-4 cup of milk. Bake in hot water in buttered moulds. When firm turn from the moulds and surround with slices of broiled tomatoes. Serve with green sauce. Canned corn may be used if green corn is out of season. In this case 3-4 cupful is enough.

SCALLOPED CORN.

One-fourth cup butter, 1-4 cup flour, 1-2 teaspoon salt, 1 1-2 cups milk, 1 scant teaspoon sugar, 1 quart corn (scraped), 3-4 cup cracker crumbs, 1-4 cup cream. Rub butter, flour and salt together, heat milk to scalding and pour slowly over flour, stirring meanwhile; then place over fire and let come to a boiling point; now stir in sugar and corn. Pour all into a baking dish; spread cracker crumbs, moistened with cream, on top. Bake about 20 minutes.

YORKVILLE CORN CAKE.

Cut the corn from the cob, using 4 large young ears. If small ears are used double the quantity will be needed. Melt 1 tablespoon of butter and 1 teaspoon of flour, 1 cup of milk and the yolks of 2 eggs, well beaten and added carefully to the milk after it has begun to boil. Stir in the corn 1-4 teaspoon of salt, and finally the whites of the eggs, beaten to a stiff froth; pour the mixture into 2 deep plates and bake in a hot oven for 20 minutes.

MOCK OYSTERS.

Beat very thick the yolks of 3 eggs, cut down 1-2 dozen ears of boiled corn, mix it with the yolks and 1 1-2 tablespoons of flour. Whisk the whites of the eggs to a stiff froth and stir them with the corn and yolks. Put 1 dessertspoon at a time in a pan of hot butter and fry to a light brown on both sides.

CORN MEAL SOUFFLE.

Into 1 pint of hot milk stir 2-3 of a cup of white corn meal, stir until it thickens and begins to bubble, then remove from the fire and add 1 tablespoon butter, 1-2 teaspoon salt, yolks of 3 or 4 eggs; mix well and fold in the stiffly beaten whites of eggs. Bake in a moderate oven 25 or 30 minutes in dish in which it is to be served. Serve at once.

SWEET POTATOES AU JUS.

Wash and boil 6 large sweet potatoes, pare and cut into cubes. Prepare a brown roux, using 1 small onion, 1 tablespoon each of flour and butter, 1-2 teaspoon of salt, a dash of grated nutmeg and paprika and a few drops of kitchen bouquet; thin with a cup of rich brown stock, seasoning with a little lemon juice. Arrange the potatoes and roux in alternate layers in a baking dish, covering the top first with grated cheese and then with browned bread crumbs; cook 15 minutes.

SWEET POTATO SOUFFLE.

Boil and mash 1 quart of sweet potatoes, adding a little sweet cream, 1 tablespoon of butter, 1-2 teaspoon of salt and 1 saltspoon of white pepper; beat with a silver fork until very light and then add the yolks of 2 well-beaten eggs. When the mixture has cooled, but not hardened, fold in lightly the whites of the eggs beaten to a stiff froth. Turn immediately into a souffle dish placed in a pan of hot water, and bake in quick oven for 20 minutes.

SCALLOPED POTATOES.

Put a layer of cold boiled sliced potatoes in a suitable dish and season with salt, pepper, butter and little onion, chopped fine; sprinkle over with a little flour; then another layer of potatoes and seasoning; continue this until you have a sufficient quantity; heat enough milk to cover and pour over before putting in the oven; cover and bake 1-2 hour, then remove cover and brown.

STUFFED ONIONS.

Boil large Bermuda onions until nearly soft, then remove the inside, leaving a shell. Chop the inside with 3 cooked sausages, 1 hard-cooked egg, 2 tablespoons of breadcrumbs, salt

and pepper to taste, 1 tablespoon butter, 4 drops of tabasco and some chopped parsley. Fill the shell with this mixture, sprinkle cracker crumbs on top and place over each a small, thin slice of bacon. Bake 1-2 hour until tender.

BAKED ONIONS.

Peel 6 medium-sized onions and boil until tender when pierced with a fork. Drain and place in a shallow buttered baking pan; pour enough milk to cover (about 1 cup), into which has been stirred 1 tablespoon of tapioca, add 1-2 tablespoon of butter, 1 teaspoon of salt, and a dash of pepper. Place in the oven and bake until a light brown on top, about 20 minutes. Serve in the same dish. This is a change from the ordinary creamed onions.

BAKED PEAS.

Soak 1 pint of whole dried peas in cold water all night; the next morning put on to boil in the same water, and as soon as they come to a boil, drain; put in a covered baking dish (unless you have a New England bean pot) with a piece of fat salt pork 2 inches square, and a little pepper. Bake 1-2 day in a hot oven and when ready to send to the table dot the top with bits of butter. They are as green as American canned peas and far more delicious.

BAKED MACARONI, COLD.

This can be prepared in the morning and makes a nice supper dish. One quart of boiled macaroni cut in inch pieces; 1 quart of milk, 2 tablespoons flour, salt and pepper to taste, and 1 cupful of grated cheese. Bake in a covered dish about 1 hour and set away to cool.

DEVILED SPAGHETTI.

Boil for 2 minutes 4 ounces of spaghetti, throw into cold water, drain and chop fine. Put two tablespoons of butter and 2 tablespoons of flour in a saucepan; mix ; add 4 tablespoons of grated cheese. Take from the fire and add the yolks of 2 eggs. Stir in the spaghetti, turn into a baking-dish, season with salt and pepper, cover with bread crumbs, and brown in a quick oven.

CONFEDERATE BAKED BABBAGE.

One large head cabbage, 2 1-2 cups toasted bread crumbs, ¼ cup butter, 1 teaspoon salt, 4 cups milk. Cut off stem and hollow out centre of cabbage from stem end. Chop the part of cabbage removed, mix with bread crumbs, butter and salt; stuff centre with this. Place in dish and surround with bread crumbs and milk, and cover. Place in oven and bake slowly 2 hours. When tender remove and serve.

SCALLOPED CARROTS.

Select carrots of medium size; wash and scrape sufficient to make 1 pint when cooked. When tender cut in 1-2 inch dice. Make a sauce with 1 tablespoon of butter cooked with 1 tablespoon of flour for 3 minutes; add 1-2 cup of water in which they were boiled and 1-2 cut of rich milk and when smoothly thickened season with salt and pepper. Put carrots and sauce in alternate layers in a baking dish; cover with 2-3 cupful of fine, dry crumbs mixed with 1 tablespoon of melted butter and place in a quick oven until browned.

SCALLOPED APPLES.

Butter a pudding dish. Place a layer of sliced apples in the bottom, sprinkle with sugar, cinnamon, bits of butter, and a little flour over all; add another layer in same manner, continuing until dish is full, finishing with bits of flour and butter on top. Cover and bake 1 hour in moderate oven. Serve hot as a vegetable.

DUTCH DISH.

Add to 1 pound of veal or fish remnants 1-4 pound of bread soaked in beef tea, 1 onion chopped fine, 1-4 teaspoon each of salt and ground clove, 3 tablespoons of melted butter, 1-2 lemon peel, grated, and the well-beaten yolks of 3 eggs. Beat the whites of the eggs until stiff and cut into the mixture. Bake in a pudding dish 3-4 of an hour.

ROLLS

"I speak this in hunger for bread, not in thirst for revenge."
Shakespeare.

HOT ROLLS.

Boil 1 Irish potato until thoroughly done; let it cool in the same water; add 1 cake of Fleischman's yeast, mix well together with potato. Take 2 quarts of flour and mix in thoroughly 1 tablespoon of lard and 1 teaspoon of salt, also 3 tablespoons of sugar; work well, then place in a bowl to rise over night. Early next morning make into rolls and place in a deep pan; when they have risen to the top of the pan, put them into a moderately hot oven, baking slowly until they are thoroughly soaked and well done, and you will have the best results. This same recipe can be used for lightbread.

EGG ROLLS.

Take 2 medium-sized potatoes, peel and boil; when quite done mash and strain into the water in which they were boiled, have in all 1 pint; stand aside to cool. When very cold add the following mixture: Two eggs, beaten; 3-4 cup sugar and 1 yeast cake; mix thoroughly and stand aside until fermented, which usually takes from 2 to 3 hours. Then take 5 pints of flour, sift, add salt and a heaping tablespoon of lard; mix well and make up with fermented sponge and knead thoroughly. Mould into rolls and stand aside to rise. When quite light, bake in hot oven 1-2 hour. Excellent for tea.

FRENCH ROLLS.

One quart of flour, 1-2 pint of milk, 1-2 cup of yeast, 2 tablespoons sugar; raise over night and bake in a quick oven.

SWEET FRENCH ROLLS.

To 1 pint of light sponge add gradually 1-4 cup each of sugar and butter which have previously been creamed smooth; add 2 eggs, the whites and yolks beaten separately, with

enough flour to make the same thickness the sponge was. Cover and stand in a warm place until it begins to rise, then add sufficient flour to make a soft dough and knead well. Set aside until doubled in size, shape like Parker House rolls, brush over with beaten white of an egg and cold water and bake for 15 minues. A napkin laid over the rolls in the pan for 5 minutes will insure a tender crust.

PARKER HOUSE ROLLS.

One pint sweet milk, scalded; cool; stir in 1-2 yeast cake, 2 tablespoons sugar, little salt, butter to shorten and flour to make stiff batter; do not beat; let rise. Work into this sponge enough flour to make a dough not too stiff, and let rise again. Then roll out, without kneading, on biscuit board, giving a slight coating of butter and sugar. Cut into squares and fold; put into baking pans and let rise to very lightness and bake in rather quick oven.

LENOIR RUSK.

Four eggs, 1 teaspoon of butter, 1 of milk, 2 of yeast, 1-2 pound of sugar. Beat the eggs well, add the sugar and some flour, the butter and milk melted together warm, but not too hot; then more flour, lastly yeast. Add flour enough to make into a stiff batter; set to rise in anything that will hold a gallon. When batter rises to the top work in flour enough to make a stiff dough; let it rise again to the top, then work in flour enough to make rolls for baking.

INDIAN BREAKFAST ROLLS.

Three-fourths cup of molasses, 1 cup of sour milk, 1 1-2 cups flour, 1 cup Indian meal, 1-2 teaspoon salt, 1 teaspoon saleratus dissolved in 1 tablespoon cold water and well beaten in the last thing. This will make 12 rolls in a common cast-iron compartment pan, which must be heated and fatted. Put 1 spoonful of the dough in each division and then distribute the rest evenly. Bake 25 or 30 minutes in a moderate oven.

SALADS

"My salad days, when I was green in judgment."

SIMPLE AND DIGESTIBLE CABBAGE SALAD.

Crisp the cabbage in ice water, then shave or chop fine and dress to taste with salt, pepper, olive oil and lemon juice.

CHARLOTTESVILLE CABBAGE SALAD.

Three eggs well beaten, add 2 tablespoons of sugar, 1 scant cup of vinegar, 2 tablespoons melted butter, 2 teaspoons salt, 1 teaspoon pepper, 1 teaspoon English mustard mixed with water. Cook in double boiler and when cool, and just before serving, add 1 cup whipped cream.

SOUTHERN COLD SLAW.

Cut the cabbage very fine, put into a bowl and season with salt, pepper and a good pinch of mustard; set in a cool place. Sauce: One cup vinegar, 1-2 teacup sugar, 1 teaspoon flour, made smooth in a little water. Let this boil until it begins to thicken; draw back and stir rapidly into the sauce the yellow of three eggs; after it begins to cool, mix with the cabbage. Slice hard-boiled eggs for garnishing.

DIXIE COLD SLAW.

To 1 large cabbage, 3 eggs, 3 tablespoons sugar, 1 tablespoon mustard, lump of butter; beat all together. Boil ½ pint of vinegar; when it gets hot pour in the eggs, stir until smooth; put the cabbage in. Let stay a few minutes, then remove from fire. Serve cold.

WINTER SALAD.

Where lettuce can not be purchased, celery is usually plentiful. The white, tender part may be chopped and served with French dressing or with mayonnaise. Hard, white cabbage, if shaved into thin strips and soaked in cold water, also makes a delightful salad, or the celery and cabbage together, by changing the dressing from French to mayonnaise, will give you a dainty dinner salad.

ASPERGES EN BRANCHE.

Place a large can of asparagus on ice several hours before required. Open the can carefully and place the asparagus in iced water for ½ hour, then dry and serve—about 6 heads to each person, slipped through a thin ring of lemon or green pepper—with a dressing of oil and vinegar.

FROZEN TOMATO SALAD.

Strain a quart can of tomatoes through a colander and then through a sieve. Add 1 teaspoon of salt and 2 large tablespoons of mayonnaise or cooked dressing, then freeze. Serve in green peppers, or on a lettuce leaf. Garnish with a bit of mayonnaise, olives, pickles, parsley, etc.

TOMATO SALAD, AMERICAINE.

Peel, chill and slice rather thick, some large tomatoes. On each slice lay 1, exactly matching, of thin, soft American dairy cheese, and spread with mayonnaise; put a second slice of tomato over it and a small spoonful of mayonnaise on that; serve on individual plates.

ASPIC JELLY.

Boil 2 quarts of clear consomme with 1 sprig of tarragon and 1 tablespoon of tarragon vinegar or lemon juice, until it is reduced to 1 quart. Take from the fire and add 2 tablespoons of wine or sherry; then add 2 tablespoons of granulated gelatine, dissolved in 1-2 cup of warm water. Strain and use as a mold for meats or salads, or pour into a shallow pan. When cold, cut into cubes and use as a garnish.

TOMATO AND CUCUMBER ASPIC.

Cook down 1 can of tomato with 1 sprig of parsley, till smooth; strain, measure and set with sufficient gelatine (1 level tablespoon to 1 pint). Take a mold and rub with a little oil, and on this put slices of very thin cucumber. When the tomato jelly is cold, slowly pour it in; or, stick the cucumbers on the mold with a little dissolved gelatine, dipping each slice in to wet it. When firm turn out on lettuce and put a row of cucumber slices overlapping all around; serve with stiff mayonnaise.

OPELIKA SWEET POTATO SALAD.

Slice cold boiled sweet potatoes that have been carefully pared, adding 1 tablespoon of minced parsley, 2 finely chopped hard-boiled eggs, a little onion juice, and seasoning to taste with salt and a very little cayenne. Prepare the following dressing: Beat the yolks of 2 eggs, adding 2 tablespoons of olive oil and 1-2 teaspoon of cold water; place in the upper part of the double boiler and cook until of the consistency of boiled custard; remove from the fire, and stir in a pinch of powdered mace and pepper, 1 saltspoon of salt, a few drops of lemon juice and a tablespoon of chopped gherkins and capers. Arrange the salad in a mold in the salad bowl and pour over the dressing, garnishing with stuffed olives and slices of pickled beet.

POTATO AND CUCUMBER SALAD

The salad served oftenest in our household, is made of diced cold boiled potatoes, with 1-2 their bulk of diced cucumbers. These are mixed with a generous amount of mayonnaise dressing, to which, if one likes it, 2 teaspoons of tarragon vinegar have been added. Served very cold, this is a particularly delicious and refreshing salad for summer use.

WATERCRESS AND BEET SALAD.

For this salad use 3 red beets which have been standing in vinegar for 3 hours at least. Wash and dry a bunch of watercress and arrange it in the salad bowl. On this lay the beets, cut in dice or fancy shapes, and sprinkle with a dressing made by mixing 4 tablespoons of olive oil with ½ teaspoon of salt and 1-3 teaspoon of pepper; then slowly adding 1 tablespoon of lemon juice or vinegar.

A DAINTY SALAD.

Is made by pressing cooked asparagus through a sieve. To 1 pint of pulp add 1 pint of boiling water and 2 tablespoons of gelatine, softened in cold water; 1-2 teaspoon pepper, 1 teaspoon salt, 2 tablespoons vinegar. Pour into cups and set in cold place to become firm; then dip into warm water and slip out on a cold dish covered with a lace-paper doily. Scoop out centers with a warm spoon and fill with celery and mayonnaise.

EMERALD SALAD.

Cut tops from green peppers; remove every particle of seed and membrane; let stand in salt water for 1 hour; then wipe dry and fill with the following, which has stood in dressing for 12 hours: Cut 1 pint cold boiled potatoes into small dice; add enough thinly sliced cucumbers or pickles chopped to measure 1-3 more; then fill up measure with thinly sliced celery; season with pepper, salt if needed, and onion juice. Place a pimolas on top of each pepper, which is stood in cup made of lettuce.

RADISH SALAD.

Slice radishes and young onions in equal parts, mix together, add cream dressing and serve on lettuce leaves.

SPINACH SALAD.

Use the spinach left from a meal and press into small cups, chill on ice over night. Turn out on a plate and serve with a ring of cold, cooked beets, around each form and 1 spoonful of mayonnaise on top.

CARROT SALAD.

Boil very young carrots in a little water until tender. Cut into narrow strips lengthwise. Sprinkle with minced chervil, tarragon, cress, or any herb desired. Cover with a French dressing. Serve cold.

HALLOWE'EN SALAD.

After soaking 1 cauliflower, head downward, in salted water for 1 hour, tie it in cheese cloth and cook till tender in salted boiling water. When cool, separate the flowerets carefully and dice the stalks, laying them over fine curly lettuce leaves. Have a few deep-red beets cooked tender, carefully cut them in slices and remove the inner layers to make rings. With a small pastry cutter cut 1 or 2 beets into heart shapes, dispose the hearts and rings over the flowerets, and cover with a thin mayonnaise, or dressing made from equal measures of oil and vinegar, seasoned with salt and white pepper. Do not pour the dressing over vegetables until ready to serve.

LOBSTERS OR SHRIMPS

Form the basis of salad, and are simply served on a lettuce leaf, with mayonnaise dressing, or mixed with apple or cucumber cubes, celery strips, sliced tomatoes, or nuts. The meat is usually marinated in French dressing, thoroughly chilled, and when ready to serve, lightly mixed with the other ingredients and covered with mayonnaise. Lemon or onion juice is almost invariably added to shell fish.

FORT SUMTER SHRIMP SALAD.

Put 1-2 chopped cabbage on ice, chill; green bell peppers, after removing seeds and divisions; chop as fine as possible 2 onions; chop shrimps fine; mix cabbage, onions and shrimp, also a little chopped peppers. Fill the pepper shells and serve cold, with 1 spoonful of mayonnaise on top of each.

GEORGETOWN CRAB SALAD.

Separate the crab meat into small pieces, cutting it, if needed. For 1 cup of meat mix a few grains, each, of salt and pepper with 3 tablespoons of oil. Add 1 tablespoon of vinegar, gradually, and mix thoroughly. Pour this over the crab meat, and with a spoon and fork lift the meat until the dressing is evenly mixed through it. Let stand until very cold. Dispose on a bed of lettuce leaves, and sprinkle with 1 or 2 tablespoons of capers or olives chopped fine. Mayonnaise or sauce tartare may be added as a garnish; with the latter omit the sprinkling of capers and olives.

PORT ROYAL SALMON SALAD.

Chop all the white parts of 1 bunch of celery; when fine, add 1 small teaspoon of salt, 1-2 teaspoon of pepper, 1 even teaspoon of mustard and 2 hard-boiled eggs. Chop all together, add 1 can of salmon after draining off all the oil from it, and pour over all 1 cup of good sour vinegar; stir lightly and put on a dish garnished with celery tops and 2 or more hard-boiled eggs, sliced.

SARDINE SALAD.

A dainty substitute for a salad consisted of sardines in lemon jelly. Make 1 pint of lemon jelly, omitting the sugar. When partly set pour into a shallow cake pan and place the little sardines in a row about 2 inches apart. When this has set

cut in squares, allowing 1 sardine to each square. Serve on lettuce leaves with 1 teaspoon of currant jelly as a dressing.

CODFISH SALAD.

Soak 1 pound of codfish all night; boil until tender and remove skin and bones. Flake and mix with 4 diced, boiled potatoes and 2 chopped, hard-cooked eggs. Serve with mayonnaise on lettuce.

RANDOLPH CHICKEN SALAD.

One head of lettuce, 2 1-2 cups cooked chicken, cut into dice; 1 cup of celery, cut into small pieces. Wash and crisp the lettuce, and arrange in cups on a platter. Mix the chicken and celery with French dressing. Have it very cold and pile in the lettuce cups; dress with salad dressing.

CHICKEN MOUSSE TO SERVE 16.

Two cups of chopped chicken, 2 cups of well seasoned stock, 1 large cup of whipped cream, 2 tablespoons of gelatine. Put chicken into stock and add gelatine; when it begins to set thoroughly, add cream. Put into tins to mold; cut into squares and serve on beds of shredded lettuce and cover with dressing. Take any good salad dressing, stir in some whipped cream; add 1 or 2 diced cucumbers, celery and nut meats.

BLUE RIDGE VEAL SALAD

Four pounds veal, 2 medium-size stalks of celery, 1 cup good, strong vinegar, 4 hard-boiled eggs, salt and pepper. Boil the veal until thoroughly done. When cold remove all particles of fat; chop with meat shears into cubes just as you would do were you using chicken; add 1 cup vinegar and 1 cup of broth left from the boiling. Run the hard-boiled eggs through a sieve. mix with the meat; salt and pepper to taste. Just before serving mix the celery with the meat and stir into this 1 pint of mayonnaise dressing. Serve also with mayonnaise dressing, upon a lettuce leaf. This is some cheaper and a great deal less trouble than chicken salad, and is so much like it that it defies detection.

HEAVENLY HASH.

One can grated pineapple, 1-2 dozen ripe banannas, 1-2 dozen oranges, 1-2 pound English walnuts. Chop fine, mix together. Serve with whipped cream; sweeten to suit taste.

APPLE, NUT AND CELERY SALAD.

One cup each apple and celery, cut in cubes, ½ cup of walnuts, or pecans, shredded fine, or, if preferred, butternuts or black walnuts. Chestnuts boiled 10 minutes until soft, but not broken, then drained, chilled and sliced, make also an approved addition. Season with a French dressing, pile on lettuce leaves and keep in a cool place until ready to serve. If preferred, this may be served in tomato or apple cups.

SALUDA GRAPE SALAD.

A pound of Malaga grapes cut in halves and seeded, 2 cups of celery cut in cubes (use only the choicest inner stalks) and 1 cup of pecan meats. Dress with a French dressing, using lemon juice instead of vinegar, and serve on a heart leaf of lettuce.

KIRKLAND FRUIT SALAD.

One-half dozen apples, 4 bananas, 2 bunches celery, 1-2 pound pecans, ½ pound Malaga grapes, 1 teacup sugar. Chop fruit and celery; mix nuts and sugar with the juice of 1 orange or lemon. Serve on lettuce with mayonnaise dressing.

PALM BEACH BANANA SALAD.

Roll ripe bananas in mayonnaise, then in finely chopped nuts and serve on lettuce leaves.

POTOMAC CHERRY SALAD.

Remove the stones from 1 can of white cherries and fill the cavity of each one with a blanched filbert. Arrange on lettuce leaves and serve with mayonnaise.

MT. VERNON CHERRY SALAD.

Stand 1 pint of cherries with stems on, in strong salt water on ice over night, rinse off salt water with ice water, lay in lettuce hearts. Serve with mayonnaise. Eat from stem, dipping cherries into mayonnaise.

FLORIDA FRUIT SALAD.

Four oranges, 3 bananas, 1 pint shredded pineapple or 1 quart strawberries, 1-4 pound blanched and grated almonds. Arrange in alternate layers; sweeten to taste. Over all pour 1-2 glass of lemon juice with 2 tablespoons of Maraschino or 4 tablespoons sherry or Madeira. Set on ice, or in cold place, until thoroughly chilled. Send to table with crushed ice on top.

CEDAR KEYS ORANGE SALAD.

Use sour oranges or strain over sweet oranges a little lemon juice. Cut in slices, take out the seeds, arrange in rows and turn over them a French dressing. This is a delicious salad to serve with game.

MANDARIN SALAD.

The salad is a new one. Get large mandarin oranges and cut off a section 1-3 from the top of each. Remove the pulp carefully, macerate it with oil and lemon juice, a little salt and pepper, and lay on ice. Scallop the edges of the shells and put yellow lettuce leaves around each. Pour off the juice from the mandarin pulp and put on as much grape fruit as pulp, which you have also chilled. Mix the two and fill the shells heaping full.

MELONS AND FRUIT SALAD.

Cut small melons in halves and take out the seeds; fill each one with bits of grapefruit or orange, and a little banana; do not have these mussy, or use more than 2 kinds of fruit; over all pour a little sherry, if liked, mixed with 1 spoonful of powdered sugar.

ALABAMA STRAWBERRY SALAD.

Chill, firm ripe berries; prepare a bed of crisp water cress; chop 1 sweet pepper, sprinkle on cress; place chilled berries on the centre of cress and peppers; put 1 heaping spoon of mayonnaise on each plate, then a large puff of whipped cream with 1 large strawberry in the center. A beautiful and palatable dish.

TOMATOES STUFFED WITH NUTS AND CELERY.

Peel the tomatoes; cut out a circular piece at the stem end of each and scoop out the flesh so as to form cups. Chill thoroughly then fill with English walnut or pecan meats, broken into pieces, and celery cut into small pieces and mixed with mayonnaise. Serve on lettuce leaves.

ITALIAN SALAD.

The foundation of this salad is 2 cups of cold macaroni. This should have been cooked very tender in well salted water and then rinsed in cold water to prevent

being sticky. Chop 2 cups of the macaroni, add ⅔ of a cup of celery, cut into small bits, and 1-3 of a cup of mild American or cream cheese, diced. Also 4 medium sized tomatoes, cut into pieces; fresh ones are best but canned ones will do almost as well if the firmest are chosen. Season with minced red peppers, 3 peppers will be a generous allowance for this amount of salad. Mix all together with plenty of mayonnaise and serve on a bed of lettuce leaves.

POT CHEESE SALAD.

Mix the cheese with mayonnaise dressing, and when cold place 1 teaspoon on a plate of lettuce leaves for each guest. If the cheese is dry it can be mixed with cream or butter and served with boiled dressing or mayonnaise separately on leaves of lettuce.

EGG SALAD WITH CREAM CHEESE.

Rub together the yolks of hard-boiled eggs and an equal quantity of Neuchatel cream cheese. Season with salt and cayenne and roll into little balls. Arrange some lettuce on a dish and cut into very small pieces the whites of the eggs, making a bed of them upon the lettuce. Place the cheese balls on it. Just before serving pour over the salad a mayonnaise dressing.

ASPARAGUS AND EGG SALAD.

Cook, drain and chill asparagus, whole. Cook hard 4 eggs and cut in lengthwise quarters; arrange the asparagus on lettuce and surround with the eggs and put spoonfuls of stiff mayonnaise all around the edge; serve with grated cheese sprinkled the last thing over the asparagus only.

EGG SALAD.

For this salad allow 1 egg for every 2 persons, boil slowly for at least 1-2 hour; drop into cold water until chilled, and then shell and cut lengthwise into quarters. Serve in nests of lettuce leaves or watercress and pass with it either mayonnaise or a French dressing.

EGG LILLIES (SALAD).

Boil 20 minutes, 1 egg for each lily; remove shell and while still warm cut with silver knife in strips from small end

nearly to base, very carefully lay back the petals on a heart of bleached lettuce; remove yolks and rub them with spoonful of butter, vinegar, a little mustard, salt and paprika; form cone-shaped balls and put on petals, sprinkling bits of parsley over balls. Two or 3 stuffed olives carry out the idea of buds; serve on cut-glass dishes to give water effect. Its beauty repays all the trouble of making.

KENTUCKY COLONEL SALAD.

One-half box gelatine, 1 lemon, 1 teaspoon extract of mint, 1-2 cup sherry wine, 1-2 cup sugar, 1-2 pound almonds. Soak ½ box gelatin in 1 pint of cold water until soft, add 1 pint of boiling water, the juice of 1 lemon, 1 teaspoon of extract of mint, 1-2 teacup of sherry wine and 1-2 teacup of sugar; color a delicate green. When it commences to congeal, stir in 1-2 pound blanched almonds; mould in individual moulds or squares. Arrange on a bed of green mint leaves and serve with a cream mayonnaise.

SALAD DRESSINGS

"To make a perfect salad, there should be a spendthrift for oil, a miser for vinegar, a wise man for salt, and a madcap to stir the ingredients up and mix them well together."

MAYONNAISE DRESSING.

Beat the yolk of 1 egg well with a Dover egg-beater, add a dash, each, of cayenne, paprika, and mustard, ½ teaspoon of salt, and a pinch of sugar. Add the juice of 1 lemon, beating it in thoroughly, then add the oil. The mixture will take up oil as fast as it is added; no care need be taken to add it "drop by drop." Continue beating in the oil until the mixture is of the right consistency. If the egg and lemon are thoroughly mixed and the oil be cold, but not in the least congealed, this dressing wil never curdle.

SALAD DRESSING.

One-quarter teaspoon of salt, ¼ teaspoon white pepper, 3 tablespoons olive oil, 10 drops onion juice, and 1 tablespoon of oil. Add alternately the remaining oil, vinegar and juice.

SOUTH CAROLINA SALAD DRESSING.

One pint of vinegar brought to the boiling point, 2 well beaten eggs, juice of 1 lemon, salt, sugar and pepper to taste; a small portion of olive oil, also prepared mustard. Mix all these, then add the hot vinegar, stir quickly, return to the fire for a moment till thick. Set away till cool and serve on lettuce, celery, tomatoes chicken, or potatoes.

CREAM DRESSING FOR SALAD.

One-half cup vinegar, 2 cups of cream, 2 teaspoons mustard, 1 teaspoon each of salt and sugar, 3 eggs. Scald vinegar and cream separately, let each cool; beat eggs very stiff, add vinegar, then add all and put on to boil until thick as custard, add juice of 1 lemon when cold.

LETTUCE DRESSING (Without Oil).

One-half pint cream or rich milk, ½ pint good vinegar (weak), 1 small teacup sugar, 3 eggs well beaten, a lump of butter size of an egg, 1 teaspoon ground mustard. Pepper and salt. Mix all together cold, and cook until thick as custard.

MAYONNAISE (Without Oil).

Two egg yolks, 1 tablespoon butter, 1 tablespoon flour, 1 teaspoon sugar, 1 teaspoon salt, 1 teaspoon dry mustard, 1 cup milk, ½ cup vinegar, 1 lemon. Stir all dry ingredients together, then mix. Cook like custard.

SALAD DRESSING.

One-half tablespoon of salt and mustard each, ¾ tablespoon of sugar, 1 egg slightly beaten, 2½ tablespoons of melted butter, ¾ cup of cream, ¼ cup of vinegar. Mix in the order given adding vinegar slowly. When it comes to a boil set off the stove to thicken.

SALAD DRESSING.

One cup vinegar, yolks of 5 raw eggs, 1 teaspoon salt (small), butter size of an egg. Set on stove and stir constantly till thick.

COOKED DRESSING FOR SALADS.

One egg well beaten, juice of 1 lemon, 2 tablespoons sugar, 1 teaspoon salt, 3 tablespoons boiling water. Let boil until thick. Add pinch cayenne pepper.

DRESSING FOR COLD SLAW.

Beat up 2 eggs with 2 tablespoons of sugar; add a piece of butter the size of half an egg, 1 teaspoon of mustard, a little pepper, and lastly 1 teacup of vinegar. Put all these ingredients into a dish over the fire, and cook like a soft custard.

DRESSING FOR A FRUIT SALAD.

Beat 4 eggs until very light, adding 1 cup of powdered sugar and a little salt, gradually. Add the juice of 1½ lemons and 1 orange, a little Maraschino liquid or cherry juice; stir together thoroughly and serve with bananas, oranges, peaches and berries.

SANDWICHES

"A morsel for a monarch."

HOW TO MAKE SANDWICHES.

In making sandwiches always use bread which is of light texture and preferably two days old. When a number are to be made it is easiest to trim all crust from the loaf before beginning, otherwise the crust may be cut from the finished sandwiches. They are daintier and easier to eat when the filling is reduced to a paste, hence it is best to put meats used for such purposes through the food chopper, then add seasonings, cream, melted butter or mayonnaise; beat and work all together until smooth. Almost any cooked meat may be used as the basis of a sandwich filling, providing it is nicely seasoned; ham, tongue and chicken are always favorites, but the clever hostess should improvise some special combinations of her own which will delight and puzzle her guests.

From the trimmed loaf cut and discard the outer end slice. Spread the loaf end with butter, mayonnaise or the prepared filling, cut off a thin slice with a sharp knife. Continue to spread and cut until a number of slices are ready; if only buttered, add filling to each, then put together in pairs. Cut into small wedges, circles or fancy shapes. When the entire number of sandwiches have been cut, stack them on a platter and cover with a napkin which has been wrung out of cold water. It should be thoroughly squeezed, as it is only designed to keep the sandwiches moist; drops of water would make them pasty. Cover with a heavy cloth and stand away until needed.

A nut filling needs a mixture of ½ blanched almonds; ¼ English walnuts, ¼ hickory nuts meats. Use a nut grater or chop very fine. Butter and slice the bread. Put on it a thin layer of the chopped nuts, a dust of salt, a sprinkle of grated

Swiss or any mild cheese and cover with a plain buttered slice. Celery should be chopped very fine and moistened with enough mayonnaise to make a paste.

TOMATO SANDWICHES.

Have light bread thinly sliced; have large red tomatoes thinly sliced; have mayonnaise dressing ready for use. Take a slice of bread, place a lettuce leaf on it, spread on a spoonful of mayonnaise dressing; cover this with a slice of tomato, then a little more mayonnaise, and again a lettuce leaf; last, the other slice of bread is added, making the sandwich complete. Trim any projecting edges of the lettuce.

NUT SANDWICHES.

Use mayonnaise dressing and pecan nuts; chop nuts fine, mix with dressing; lay on lettuce leaf between bread. Peanuts can be used in the same way by putting them through the meat grinder, or peanut butter.

PEPPER SANDWICHES.

Slice bell peppers into thin rings; spread thin slices of bread with mayonnaise and place 2 rings of pepper between 2 slices. Cut bread round.

PEPPER AND CHEESE SANDWICHES.

Mash ¼ lb. plain cream cheese and soften with 1 tablespoon of cream and 1 teaspoon olive oil. Spread on thin slices of bread or on butter thins and stick whole blanched almonds in the cheese, then sprinkle lightly with red pepper. Do not double these slices.

COTTAGE CHEESE SANDWICHES.

Thinly sliced bread, 1 cup cottage cheese, 4 tablespoons melted butter, 2 tablespoons lemon juice, salt-spoon of salt, a good pinch of cayenne pepper. Mix thoroughly and spread between thin slices of buttered bread.

PIMENTO SANDWICHES.

Chop pimento olives fine, mix with cream cheese; add

a dash of red pepper, and spread on thin slices of white bread. Thin the cheese with cream.

WHIPPED CREAM SANDWICHES.

These are delicious for the afternoon tea table. Cut thin slices of bread into circles with the biscuit cutter. Spread with good butter and fill with whipped cream seasoned with white pepper and salt.

SWEET POTATO SANDWICHES.

Mash with a wooden spoon 8 boiled sweet potatoes that have been carefully pared, adding ½ cup of cream, 1 tablespoon of butter and a little salt and pepper; then whip with a fork until very light and stir in 1 cup of chopped hickory nuts and ½ cup of grated cocoanut. Spread between thinly buttered slices of graham bread and stamp with a round cutter into meat circles. Arrange on a cake plate with a doily.

TARTARE SANDWICHES.

Chop fine a little cold ham and 3 sardines, boned and skinned; add 3 small sour pickles and 1 teaspoon each of mustard, walnut catsup and vinegar; season to taste with salt, pepper and a pinch of cayenne and spread on thin slices of bread cut in diamonds.

BACON SANDWICHES.

Fry thin slices of bacon until crisp, drain and chop finely. Make into a paste with just enough butter to hold together and spread very thin slices of bread with the mixture.

SAUCES

"What's sauce for the goose is sauce for the gander."

WHITE SAUCE.

White sauce is a staple ingredient of many entrees, and it possesses the advantage of being prepared at a moment's notice. As these recipes for entrees will call for it with more or less frequency, it is well to know that it is made by blending 1 tablespoon of butter and 1 of flour over a moderate fire until smooth as velvet, and then diluting it by gradually adding cold milk until it is of the consistency of rich cream. This will require 1 cup of milk, possibly a bit more. Season with salt and white pepper. Flavoring is added later on according to the nature of the dish to be served.

CORDOVA CELERY SAUCE.

Cut a head of celery very fine, boil in a very little water until perfectly tender, then add 1 teacup of milk, piece of butter as large as an egg, flour to make it the consistency of cream, salt.

HORSE-RADISH SAUCE.

Season 1 tablespoon of horse-radish with a little salt, ½ teaspoon of lemon juice. Mix well and blend with ½ cup of whipped cream.

HORSE-RADISH SAUCE.

One cup freshly grated horse-radish, 1 teaspoon salt, ½ saltspoon white pepper, 1 teaspoon made mustard, ½ teaspoon dry mustard, 1 saltspoon sugar, 2 tablespoons vinegar, ½ cup cream well beaten. Set away on ice; add vinegar just before serving.

BROWN SAUCE.

Brown sauce is frequently used, especially with dark meats. It calls for equal amounts of flour and butter (or

of rendered suet), but the roux formed by blending them is allowed to scorch to a rich brown. Stock is then used to dilute it, instead of milk as in white sauce, and a dash of powdered mace is added to the pepper and salt seasoning. In the absence of stock, 1 teaspoon of beef extract and 1 cup of water may be used, and stirred in gradually to insure smoothness. A lumpy sauce must always be strained before combining it with the other ingredients of an entree.

BROWN MUSHROOM SAUCE.

Pour off ¼ cup of fat from the frying pan, add 5 tablespoons of flour, and stir until well browned; then add gradually, while stirring constantly, 1 cup of brown stock and ⅓ of a cup of mushroom liquor. When the boiling point is reached, add the caps from ½ pound of mushrooms cut in slices and sauted in butter for 3 minutes. Season with salt and pepper, and just before serving add gradually, while stirring constantly, the butter remaining in the frying pan. To obtain mushroom liquor, scrape the stems of mushrooms, break in pieces, cover with cold water, and cook slowly until the liquor is reduced to ⅓ of a cup.

HOLLANDAISE SAUCE.

Beat ½ cup of butter until soft and creamy. Work gradually into it the slightly beaten yolks of 2 eggs, 1 tablespoon of lemon juice, ¼ teaspoon of salt and a dash of cayenne (or ¼ teaspoon of white pepper). A few minutes before serving add ½ cup of boiling water, stand over the top of the teakettle (or in a double boiler) and stir constantly and quickly until as thick as boiled custard.

MAITRE D'HOTEL BUTTER (COLD).

Rub ¼ cup of butter to a cream, add ½ teaspoon of salt, 1 saltspoon of pepper, 1 tablespoon of minced parsley, 1 tablespoon of lemon juice. Spread on hot beefsteak.

To make the hot maitre d'hotel butter, put ¼ pound of butter into a saucepan with ½ tablespoon of

chopped parsley, a little finely powdered thyme and minced onion and salt and pepper to taste. Stand the saucepan by the fire and whip with an egg whisk until it almost reaches the simmering point. Take at once from the fire and serve.

TARTAR SAUCE.

Whip the yolk of 2 eggs to a stiff batter, add slowly drop by drop 2 tablespoons of olive oil, with a little salt. After it is very stiff, add 1 onion and 1 pickle, cut very fine.

HENRY DURAND'S BARBECUE SAUCE.

One qt. tomatoes, 1 tablespoon dry mustard, 1 onion chopped fine, 1 teaspoon cayenne pepper, 1 pint vinegar (added hot), salt to taste.

CURRANT MINT SAUCE.

Separate 1 glass currant jelly into pieces, but do not beat. Add 2 tablespoons mint leaves minced fine and the thin yellow shavings from the rind of ⅓ orange.

MISS SALLIE'S SOFT SAUCE.

Six tablespoons white sugar, 10 tablespoons water, 4 tablespoons butter, 2 tablespoons wine. Heat sugar and water, stir in the butter until melted. Do not let boil. Add wine and nutmeg before serving, or cook with 1 tablespoon of cinnamon.

HARD SAUCE.

Beat ¼ pound of butter to a cream, add gradually 1 cup powdered sugar; add 4 tablespoons boiling water, 1 at a time; beat for 5 minutes; add the beaten white of 1 egg and 1 teaspoon of vanilla. Put the mixture at once into a serving dish and stand it in a cold place.

PUDDING SAUCE.

Cream together 1 cup sugar with ½ cup butter. When light add well beaten yolks of 4 eggs, stir in 1 wineglass

wine or brandy and 1 cup hot rich milk. Beat well, cook in saucepan till thick like cream.

BUTTERLESS SAUCE.

Place ½ gill milk in pan of boiling water. When scalding put in ½ pint powdered sugar mixed with yolks of 2 eggs. Stir till thick as boiled custard. When cool add flavoring. Just before serving mix in lightly the beaten whites of 2 eggs.

LOUISIANA STRAWBERRY SAUCE.

One qt. strawberries, 1 cup sugar. Let stand, then put through a sieve or potato masher; whites of 3 eggs beaten stiff; add a cup of sugar, juice of berries and 1 cup of cream and serve. Excellent with cottage pudding.

SHELL-FISH and OYSTERS.

"Full many a gem of purest ray serene,
The dark unfathomed caves of ocean bear."
Gray.

PREPARING SHELL-FISH.

Lobsters are generally boiled when taken from the trap. To determine a good one take hold of the curled tail and straighten it out; if in good condition the tail will fly back into place. To dress a lobster, pull off all the claws, break the tail from the body, cut the bony membrane on the inside of the tail shell with a pair of scissors, then slightly spread the tail and pull out the flesh in a single piece. Open on the underside and remove the stomach and intestinal vein, which differs in color according to the contents, being white, red, or even black, and runs from the stomach to the extreme end of the tail. The wooly gills should be discarded. The coral and green substance in the shell should be shaken out and used, as well as the bits of flesh found between the bones, as these are the sweetest portion. Remove the meat from the small claws with a skewer that these may be kept whole for garnishing.

Crabs are usually kept alive for a few days in baskets of seaweed in contact with ice. As crabs shed their shells during the spring and early summer, they are considered a great delicacy at the season when the shell is soft. The eyes of a crab should be removed, then raise and turn back the joint found on either side of the back shell, and remove the spongy gills found underneath. Cut out the apron—a small jointed section found on the under shell. Wash the shell and keep for serving the fish meat in. When soft-shell crabs are to be fried they are usually first egged, then crumbed and cooked in very hot deep fat. The tiny crab found occasionally in oyster shells is a tidbit

greatly enjoyed by epicures, but seldom found in sufficient quantities to serve except as a garnish.

The best shrimp in America are procured in southern waters, and only boiled ones are found away from the shore. Like the other crustacea, they are in season from May to October on the coast, and are prepared for use by removing the shell and intestinal vein. Shrimp are very attractive when served in scallop shells.

Bivalves should be well rinsed before the shells are opened, and dried on a soft cloth, then when the shells are opened the juice should be kept as the basis for bisques, soups, etc., and the shells for serving. When procured in bulk, out of the shell, these fish should be carefully looked over that every sliver of shell may be removed. The absolute essentials for a successful "clam bake" are that the clams should not have been gathered too long to have lost their fresh flavor, they must not be cooked with any other steam than that of rock weed or kelp on hot stones, and must be served in the open air.

CREOLE LOBSTER PILAU.

Boil ½ cup of rice in broth and shape in a buttered mold. Cut the tails from 2 lobsters into slices of ½ an inch thickness, and saute with a little butter. When the meat is thoroughly heated dispose on a platter in a double row about the rice mold and pour over the whole 1 cup of white sauce, having 1 teaspoon of curry powder mixed with the thickening flour, and ½ cup Spanish sauce made with tomatoes, onions, pepper, salt and capers.

CREAMED LOBSTER.

Chop 1 pound of boiled lobster meat (canned will do), rather coarse; boil 1 quart of milk and stir in 4 well-pounded or rolled crackers, then add the lobster; season with salt, butter and pepper, boil up once and serve; add chopped onion if liked, but it is rich enough without.

LOBSTER A LA NEWBERG.

Four pounds of live lobster; put while alive in boiling water, boil from 20 to 40 minutes, according to size. After

cooking sufficiently, cut open down the center, crack the claws and take out the meat, the coral and green fat, discarding the stomach, the spongy substance on the sides and the entrails running down from tail to stomach. Cut the meat in ½ inch squares, and pour it into *this* sauce:

SAUCE—One pint of cream or milk, 2 large tablespoons of butter, 2 spoons cornstarch, yolks of 5 eggs, cayenne pepper, and glass of sherry. Put the cream to boil in a double boiler, cream the cornstarch and boil together; when the cream commences to boil add the butter and cornstarch, stirring until the sauce is smooth; beat the yolks very light and add to them the sherry. Put this in a sauce pan after the lobster has gone in; cook 3 or 4 minutes. Measure the lobster meat after it is picked.

HARD-SHELL CRABS AU GRATIN.

After soaking the crabs ½ an hour in water to which 3 tablespoons of salt have been added, scrub, and cook for 15 minutes in boiling water. When cold remove the flesh from the shells, discarding the lungs, but picking out all the flesh. Cook a slice of onion in ¼ cup butter without browning either, and stir in ¼ cup of flour. To 1 pint of crab meat use 1 cup of chicken or veal broth and 1 cup of cream seasoned with salt and pepper, simmer for 5 minutes, then add the crab meat, and if desired, 1 cup of diced mushrooms that have been sauted in 1 tablespoon of butter. Thoroughly butter the shells, fill with the mixture and cover with 1 cup of crushed crackers mixed with ¼ cup of butter. Set in muffin rings in the oven till brown.

CRAB CREOLE.

Rub a stewpan with a clove of garlic. Chop fine 3 little onions and 2 green chili peppers, first removing the seeds. Put them into the stewpan with 4 tablespoons of butter, salt and cayenne pepper, and stew slowly 10 minutes, then add 1 large peeled tomato, and stew 10 minutes longer. Then add 1 tablespoon of flour, ¾ of a cup of rich milk, or cream and milk mixed. This sauce should be as thick as drawn butter, and may need more flour. Add 1

pint of shredded crab meat, and serve as soon as it is hot, on buttered toast.

SHRIMPS A LA CREME.

One can shrimps soaked in cold water 2 hours, a piece of butter twice as large as a hen's egg, 1 small onion grated. Put butter in chafing dish, add onion. Cook 2 minutes, then add shrimps, 2 cups cream, 1 of cracker crumbs, sifted, and a pinch of red pepper. Make fine with fork, then cook 5 minutes. Last of all add 2 tablespoons of tomato catsup and serve hot.

FRIED SCALLOPS.

Cover the scallops with boiling water and let stand without cooking for 5 minutes, then drain, dry on a cloth, and stand for 1 hour in a marinade of olive oil and lemon juice with a flavor of onion. Drain and dry again, roll in seasoned cracker dust, dip in egg, then in cracker dust again, and fry in deep hot fat till well colored. Serve with lemon cubes or tomato sauce.

FRIED OYSTERS.

When frying oysters care must be exercised to prevent them from shrivelling. Dry the oysters, laid in rows between folded towels. Instead of coating them, when dried, with egg batter, dip each into a thin mayonnaise made of the yolk of an egg beaten to velvet with a pinch of salt, a pinch of dry mustard, 2 tablespoons of olive oil and 1 of lemon juice. Sift a cup of bread crumbs upon a board, dip each oyster into the mayonnaise, then lay it upon the crumbed bread. Sprinkle the upper side with more crumbs, and when well covered drop the oysters, not more than 4 or 5 at a time, in boiling fat at least 2 inches deep in the pan. This limit is set to the number of oysters, because more would chill the fat and make them greasy instead of crisp. When browned, and this process is very quick when the fat is at the right temperature, drain the oysters on blotting paper and serve at once upon a napkin, garnished with lemon points.

OYSTER COCKTAIL.

Have as many punch glasses as there are guests. Put into each glass 4 or 6 raw oysters. Season with salt, pepper, tomato catsup, Worcestershire sauce, a few drops of lemon juice, a drop of Tabasco sauce and a little grated horse-radish. Serve very cold.

A CLAM OR OYSTER COCKTAIL.

A clam or oyster cocktail consists of the following sauce on the bivalves, served with cracked ice. Two tablespoons each of grated horseradish and tomato catsup, 1 scant teaspoon of salt and ¼ teaspoon of Tabasco sauce with the juice of 2 lemons. This quantity is sufficient for 8 people.

CREAMED OYSTERS.

One pint cream, 2 tablespoons flour, mixed smoothly with a little cream; salt and pepper to taste. Let boil; have oysters drained; add to boiling cream only for a moment. Serve at once on hot toast.

PANNED OYSTERS.

One-fourth lb. butter, 1 heaping tablespoon flour, 1 qt. oysters, salt and pepper to taste. Put butter and flour in pan and let it get very brown. Pour oysters into this and stir constantly. When the edges of oysters curl, serve at once on toast. This will serve 6 people.

OYSTER DUXELLES.

Place 1 pint of medium-sized oysters in a saucepan over a quick fire until they begin to ruffle, then remove quickly and drain. Have cooking for 5 minutes, 2 tablespoons of mushrooms with 1 tablespoon butter, add 1 tablespoon flour, stir till slightly colored, then gradually add the hot oyster liquor, stirring till the mixture is thick and smooth. Simmer for 4 or 5 minutes, adding 1 beaten egg yolk, ½ teaspoon of lemon juice, salt and pepper to taste and the oysters. Serve on rounds of hot buttered toast.

OYSTER MACARONI.

Boil ½ pound of macaroni cut in small pieces. Put in a deep pan in layers with oysters, salt, pepper, butter and rolled crackers on each layer. When all is used moisten with the oyster liquor and 1 cup of cream. Bake ½ hour in a hot oven. Serve with tomato catsup.

OYSTER FRITTERS.

Drain and chop 25 large oysters; beat 2 eggs until light; add to them 1 cup of milk, 1 pint of flour, 1 teaspoon of salt, a little pepper and beat; stir in the oysters; add 1 large teaspoon of baking powder. Drop by spoonfuls into smoking fat. Lift from fat with a skimmer; it makes them heavy to pierce them with a fork.

DEVILED OYSTERS FOR SIX PERSONS.

Drain 12 large oysters, and pour over them a pitcher of cold water and drain again. Throw the oysters into a hot pan, shake until the gills curl. Drain, this time saving the liquor. Chop the oysters quite fine. Rub together 2 level tablespoons of butter and 2 of flour; add the oyster liquor and ½ cup of milk. Stir until it is boiling; add 1 level teaspoon of salt, 1 teaspoon of onion juice, a dash of cayenne and of black pepper, the yolks of 2 eggs and the oysters. Pour the mixture into oyster shells, ramekin dishes or a baking dish, dust with crumbs and brown in a quick oven.

MINCED OYSTERS.

One qt. oysters chopped fine, 1 cup chopped celery, 1½ cups browned bread crumbs, 4 hard boiled eggs chopped, 4 eggs beaten, lump of butter size of egg, salt, cayenne pepper, little onion juice. Mix, pour milk over and bake in baking dish.

OYSTER SOUFFLES.

Oyster souffles are very well liked as an entree for dinner or at luncheon. Blend 2 tablespoons of flour with 3 of butter over the fire, and dilute with 1 cup of milk and ½ cup of cream. Season with salt and pepper and 1 table-

spoon of sherry. Sift 1 cup of breadcrumbs into the sauce and when it boils up add 18 oysters, drained of their liquor, and cut into dice. When thoroughly heated remove from the fire and add slowly the beaten yolks of 4 eggs, stirring constantly lest the mass curdle. Lastly fold in very lightly the stiffly whipped whites and fill ramekins or a souffle dish, previously buttered. Sift breadcrumbs over the top and set in a moderate oven for 12 or 15 minutes. Time them for the table, because they fall very quickly.

RALSTON ESCALLOPED OYSTERS.

Four cups milk, 1 cup Ralston, 3 eggs, ⅓ cup butter, 1 qt. oysters, salt and pepper to taste. Into the boiling water stir the Ralston Health Food, cook 10 minutes. Add butter, yolks of eggs, salt and pepper. Take from the stove and fold in the beaten whites of eggs. Put in greased baking dish, alternating Health Food and oysters. Bake 30 minutes.

SCALLOPED OYSTERS.

Recipes for scalloped oysters frequently call for too much moisture, resulting in a pasty compound. Try this method. Rinse, drain and dry good-sized oysters, (allow 6 or 8 to a person). Dip each in slightly beaten egg and roll in fine breadcrumbs with each cup of which there has been well mixed 2 tablespoons of melted butter. Arrange in layers in shallow baking dishes, dusting each layer with salt, pepper and a little chopped celery, then adding 2 tablespoons of good cream. Bake in a quick oven for 25 to 40 minutes according to depth in the dish.

OYSTERS IN PEPPERS.

Remove the seeds and veins from a sufficient number of sweet pepper pods and place 3 or 4 large oysters in each pod. See that no sliver of shell adheres to the oysters, and bake about 15 minutes in a moderate oven, setting each pepper pod in a muffin ring. Serve in a bed of nasturtium blossoms and leaves, or dogwood berries.

THE SICK ROOM AND SOME HEALTH HINTS

"Simple diet is best, for many dishes bring many diseases."—*Pliny.*

FOODS FOR INVALIDS.

To encourage an invalid's appetite the room should be the lightest, most cheerful, and best ventilated room in the house.

Patients in the sunny wards of hospitals recover soonest, and the sick, in nearly all cases lie with their faces to the light.

Never set before the invalid a large quantity of food; tempt with a small portion delicately cooked and tastefully served. It should be served in the choicest china, with spotless linen and the brightest of silver. If not eaten directly, remove from the sick room without delay, as no food should be allowed to stand there. Never keep the sick waiting, always have something in readiness—a little jelly, beef-tea or stewed fruit.

Let all invalid cooking be simple. Do not give the same food often as variety is appetizing. Beef-tea contains a certain amount of nourishment and may be given in almost any inflammatory disease. Milk is a representative diet; and when it agrees with the digestion, is better adapted to strengthen the body in sickness than any other article of food, but it must be fresh and pure. The least taint of sourness is injurious. Hot milk, given in small quantities is much used in the early stages of recovery and is generally better liked if accompanied by a bit of toasted bread or made into a thin gruel. Buttermilk, however, when fresh is useful in fevers and stomach diseases. Cream is even better than milk, and is less apt to turn acid in the stomach. Broths given in the first stages of recovery are very nutritious. Fat meat should not be given. Butter or cream may be used. The butter must

never be melted and soaked into the food, nor made into a sauce, as melted oils are very difficult of digestion. Rice is also valuable food as it does not tax the most delicate digestion. Macaroni is easily digested and of high food value. Barley thoroughly cooked is good. Oat-meal must be used with caution, until the digestion, becomes stronger. A patient's craving for any particular article of food should be communicated to the physician, as it is often a valuable indication of the wants of the system. These cravings should be gratified whenever possible. Melons are good in many cases of fever. Celery is good for nervousness and rheumatism. New cider is excellent in many cases of nervous dyspepsia. Fruits and berries—raw, ripe and perfect—used in moderation, are admirable remedies in cases of constipation and its attendant diseases. The grape, has a wide range of curative qualities. Raw beef is excellent in dysentery; it should be minced fine, and given in doses of a spoonful at a time every 4 hours; the patient, in the meantime eating nothing else.

Rice water is advisable in many cases of convalescence from acute fever. Soda-water and peppermint tea are remedies for sick stomach. Toasted bread is considered invalids' food, for the process of toasting turns part of the starch into dextrine, which is easily digested. Eggs do not agree with all patients, but are nourishing food when admissable.

Tenderloin of beef, well cooked or rare, as the physician may direct, is always relished; and a tender lamb chop broiled with the fat removed before serving, is easily digested and nutritious. Roasted potatoes, very mealy, are preferred to other vegetables. Acid fruits should be eaten early in the day.

The craving for tea and coffee is almost universal with an invalid. A moderate quantity is a great restorative; but an excess impairs digestion. In convalescence great care is necessary, and the physician's directions should be

implicitly obeyed, especially in regard to diet; a failure in obedience often brings on a fatal relapse. A little food at a time and often repeated, is the general rule for the invalid.

TOULAINE BEEF EXTRACT.

Secure a thick, lean piece of round steak, about ½ lb.; remove any fat, wipe well with wet cloth and put in a hot pan, turn quickly to keep blood in meat; before taking from pan, smear with a little butter, a dash of salt; then cut in pieces small enough to put in a lemon or meat-squeezer; press out all the blood into a small cup, (previously heated) and serve at once. From this quantity of meat will be pressed ½ cup of the blood. Care must be taken not to cook the beef too long, or to allow the blood to run into the pan. It can be prepared in 10 minutes.

WINE WHEY.

Warm 1 cup milk to 100 deg. Fahr. or to a little more than blood heat, then pour into it ½ cup sherry wine. The acid and the alcohol of the wine will in a few minutes coagulate the albumen which may be removed by straining. Do not squeeze the curd through the strainer, but let drip until all the liquid is out. To make the whey quickly heat milk to boiling point before adding the wine.

MILK AND SELTZER.

Mix equal quantities of sterilized milk and seltzer water. Drink immediately.

MILK AND SODA WATER.

Into a glass ½ full of fresh milk put an equal amount of soda water. Use at once. This is an agreeable way to take milk and is a nutritious and refreshing drink.

RICE-WATER.

Pick over and wash 2 tablespoons of rice, put into a granite saucepan with 1 quart of boiling water, simmer it for 2 hours, when the rice should be softened and partially dissolved, then strain the liquid through a fine wire strainer into a bowl or pitcher, add to it 1 saltspoon of salt, and serve it either warm or cold. If a patient may take or needs stimulants, 2 tablespoons of sherry or port wine is an agreeable addition, especially if the drink be taken cold.

BARLEY GRUEL.

One tablespoon of Robinson's barley flour, 1 cup boiling water, 1 saltspoon salt, ½ teaspoon sugar, 1 cup milk. Mix the flour, salt and sugar together with a little cold water, pour on the boiling water and boil 10 minutes, then add the milk, bring just to the boiling point, strain and

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of milk. Mix the oatmeal, salt and sugar together and pour on the boiling water. Cook it in a saucepan for 30 minutes, or in a double boiler for 2 hours, then strain it through a fine wire strainer to remove the hulls, put it again on the stove, add the milk and allow it to heat just to the boiling point. Serve it hot. Good oatmeal gruel may be made from cold porridge, by adding water, milk and a little sugar and straining it, or may be served unstrained. Many like it so, and it makes an excellent lunch.

OYSTER TEA.

Select 8 fresh oysters, chop them fine in a chopping tray, and turn them into a saucepan with 1 cup of cold water, set the saucepan on the fire, and let the water come slowly to the boiling point, then simmer for 5 minutes, strain the liquid into a bowl, flavor it with ½ saltspoon of

salt and serve hot with or without a small piece of dry toast, or a toasted cream cracker. Milk can be used instead of water.

CLAM BROTH.

Six large clams in their shells and 1 cup of water will be needed for this broth. Wash the clams thoroughly with a brush and place them with the water in a kettle over the fire. The broth is simply the juice of the clams with the water boiled for 1 minute. As soon as the shells open the broth is done. Requires no seasoning as clam juice is usually salt enough. This broth and oyster tea, using water, are good in cases of nausea, and will be retained on the stomach when almost everything else is rejected.

COOLING DRINKS.

Crush any small berries, pour boiling water over them in 10 minutes strain and add sugar to taste. When cool serve with ice.

EGG CREAM.

Beat 1 raw egg (separately) to a stiff froth, add 1 tablespoon sugar, ½ glass wine, beat well, then add 1 glass of cream or rich milk. Serve at once.

MILK TOAST.

Toast 1 small loaf of bread a light brown, butter each slice as soon as toasted; place in a deep dish, and pour over 1 pint of rich milk, which has been scalded, and seasoned with salt and pepper.

RICE.

Fresh boiled, well-cooked rice, moistened with the juice of roast beef or mutton, and served on a piece of toast, is nice.

MILK SOUP.

Take 6 large cold boiled potatoes and chop almost fine; then take 1 quart of milk, a piece of butter the size of an egg, pepper and salt to taste. Put the potatoes and butter into the milk, let the whole boil for 10 minutes and sea

son. It will be extra nice if you add 2 eggs beaten to a froth and stirring in briskly.

CREAMED EGG SOUP FOR INVALIDS.

One-half cup of mashed potato, ¼ cup butter, 1 egg yolk hard boiled 20 minutes, creamed with 1 pint of milk brought to boiling point (not boiled), into which has been stirred 1 tablespoon flour, stir well, strain. Heat soup bowl and serve hot.

POACHED EGGS.

Carefully break eggs into a shallow pan of boiling water to which a little salt has been added. When done take up carefully and lay on slice of toast. Lay on bits of butter and a dash of pepper. Serve very hot.

ARROWROOT FOR INVALIDS.

Mix 1 tablespoon of arrowroot to a paste with 1 tablespoon brandy; add boiling water until the mixture becomes as thick as jelly; sweeten with cut-loaf sugar, grate in a little nutmeg and add a speck of salt. Put on stove a few seconds.

BREAD JELLY FOR INVALIDS.

One cup of crumbs 2 or 3 days old, soaked in cold water for 6 or 8 hours; squeeze all water out and put pulp in fresh water, which boil gently 1½ hours; rub through a sieve; when cold it should form a smooth jelly. Serve with sugar and cream.

BRAINS.

Pour boiling water over the brains and remove skin, then rinse in cold water to whiten. Put in a frying pan, cover with boiling water and cook until tender. Mash fine with a fork and let cook until dry. Add 1 large tablespoon of butter, and when boiling hot add 6 well-beaten eggs. Season with a little sage, pepper and salt and scramble well together. Serve while hot.

APPLE FARINA FOR INVALIDS.

Into 1 pint salted boiling water stir ½ cup farina; soon as thickened slice in 2 good sized apples and cook until the apples are soft. This may be molded and served with whipped cream as a dessert.

BAKED CUP CUSTARDS.

Two cups of milk, yolks of 3 eggs, 5 level tablespoons sugar, ⅛ teaspoon of salt. Heat the milk in a double boiler, but do not boil it. Beat the eggs, sugar and salt together; turn on the scalding milk and pour into earthen custard cups. Grate a little nutmeg on each cup. Bake in a pan of hot water in a moderate oven until set.

WINE JELLY.

Half box gelatine soaked in ½ cup cold water till softened, then pour on 1 pint boiling water and add 1 cup sugar, 1 cup sherry wine, juice 1 lemon; strain and cool.

PRUNE MARMALADE.

Prune marmalade is made by straining well-cooked prunes through a colander.

ICE CREAM FOR ONE PERSON.

Three-fourths cup sugar, 1 teaspoon vanilla, 1 tablespoon brandy, 1 pint scalded sweet cream, whites of 2 eggs beaten stiff. Mix and put into a tin can with closely fitting cover, baking powder cans holding a pound are convenient. Set this can in the middle of a deep dish, surround it with alternate layers of ice and salt, in the same manner as for ordinary freezing, and cover closely; then lay wet cloths on top and set in a cool place. It will become solid in from one to two hours, according to the amount of mixture to be frozen. It is well to cut in the thick layer on the sides of the can once or twice during the freezing. If the cream is whipped before mixing, the result when frozen will be a very dainty dish.

HEALTH HINTS FOR OLD AND YOUNG

FRUIT FOR BREAKFAST

The custom of serving fruit with the morning cereal is a growing one and if care be used, it is correct from the standpoint of dietetics. A combination which is not good is the common one of grape fruit or orange followed by cereal with milk. The acid curdles the milk in tough masses which the digestive fluids find difficulty in attacking. Instead of this combination, which to some at least is absolutely harmful, plan a heartier breakfast dish and omit the cereal altogether. Choose that morning for using the more expensive steak or chops. With the sub acid fruits no such care need be exercised. Many will ask if the frozen combinations of acid fruit and milk or cream are harmful; the saving clause in these is the fact that the curd is so finely divided by the churning as to mechanically aid in digestion. This does not mean that the result is ideal, but probably the least harmful method of using the combination. To many the heaviness and discomfort following the morning meal will disappear with the discontinuance of milk and acid combination.

MEAT, VEGETABLES, FRUIT, &c.

Meat in a laboring man is chiefly useful for its aid in digesting the cereals. We now have proved the following classifications:

First—Meats, fish, eggs, milk and other animal products feed the brain most easily.

Second—Cereals, the stiff starch foods, build the muscles.

Third—Fats, oils and butter produce heat for cold climates and cold weather.

Fourth—Vegetables and fruits are cooling, refreshing for tropical countries and for warm weather.

In addition to this general classification must be men-

tioned that peas and beans, cocoa, certain cereals and nuts are also brain foods for those who have little brain work, much physical labor and good digestion. They also supply muscle force, but only fish, flesh, fowl, game, oysters, white of eggs and certain nuts as brain foods are for the sedentary. Potatoes, soft nuts, bananas and pulses are also muscle foods, but not specially desirable for sedentary people.

FARINA AS BABY FOOD.

Tablespoon of farina boiled for 1 hour in 1 quart of water.

For older children: To 1 pint of milk add 2 tablespoons of farina and 1 egg beaten with a little sugar.

CHOCOLATE SOUP.

A Nourishing Food for Children:—One-fourth lb. choccolate, 2½ qts. milk and water, sugar to taste, 1 egg yolk, a little vanilla or cinnamon. Cook the chocolate soft in a little water and add the rest; when boiling, put in the other ingredients and cook the beaten white of 1 egg in spoonfuls on top.

AN EXCELLENT COUGH SYRUP.

Boil together for 2 hours 1 qt. water, 1 teacup pine tar and 2 lbs. loaf sugar. Let it cool. Push aside the pine tar and pour off syrup.

QUICK RELIEF FOR BURNS.

Make a paste of ordinary kitchen soap, add enough pulverized soda and witch-hazel to form a salve. Apply to the injured parts. In a short time the pain will be gone; there will be no blister nor sore. Apply as often as the severity of case demands.

FOODS FOR USE FOR DIFFERENT DISEASES AND CONDITIONS.

Anemic Conditions—Plenty of good food and fresh air.

Full Blooded—White bread, cabbage, asparagus, butter, fat meats.

Acid Dypsepsia—Vegetable fats, butter, fish, potatoes, rice, sweet fruits.

Alkali Dyspepsia—Crackers, toast, eggs, butter, poultry, veal.

Consumption—Raw eggs, nuts, scraped beef, butter, milk, fats and oils.

Old Age—No highly seasoned foods; milk, toast, vegetables, meats.

Sedentary Habits—Vegetable diet, small amount of meats, milk.

Heart Trouble—Eggs, scraped meat, fish, fowl, small amount of liquid.

Kidney Trouble, (1), Diabetes—Gluten bread, Graham bread, eggs, cheese, butter, fish, meats, lettuce.

Kidney Trouble, (2), Nephritis—Eggs, rice, milk, meat once a day.

Constipation—Bread from coarse ground corn, beans, yellow turnips, fruits, cold cereals, cold water, cold soups and chilled fruits on empty stomach.

Nervous Conditions—Milk, mutton chops, toast, butter, vegetables of all kinds.

DIET FOR RHEUMATICS.

FOODS TO USE.

Soups—Mutton broth, chicken, beef-tea in small quantities.

Fish—Raw clams or oysters, fresh fish (white kinds) boiled.

Meats—Chicken, calves' brains, sweetbreads, broiled fat bacon or boiled ham, (all sparingly).

Vegetables—Spinach, green peas or cabbage (boiled), celery, lettuce, cresses.

Desserts—Milk, rice or arrowroot pudding, (all without sugar), junket, oranges, stewed or roasted fruit, (prepared with very little sugar).

Drinks—Tea (without sugar), buttermilk, pure water, plain or with lemon or lime juice, (no sugar).

FOODS TO AVOID.

Pork, veal, turkey, goose, duck, fried fish or meats, cooked oysters or clams, salted, dried or potted fish or meats, (except fat bacon or ham), crabs, salmon, lobster, eggs, rich made-dishes, gravies, potatoes, tomatoes, beans, asparagus, mushrooms, candies, rich puddings, pies, pastry, nuts, cheese, coffee, cider, malt liquors, wines.

SOUPS

"Now good digestion wait on appetite and health on both."
Shakespeare.

SOUTHERN GUMBO.

Put 1 tablespoonful of lard in a porcelain lined boiler; slice 1 onion and fry it in the lard. When the onion is a nice brown add 1 quart of sliced okra and fry until the okra will not rope from the spoon. Stir constantly. Pour ½ gallon of hot water in the boiler and let it boil down to 1 quart. Scald 3 large tomatoes, peal them, cut into small pieces and put in the soup. Next sprinkle with salt, pepper, and flour the wings, back, feet and neck of a chicken and fry them a light brown. Lift them from the frying pan with a fork, and put them into the gumbo ½ hour before serving.

OLD TIME SOUTH CAROLINA GUMBO SOUP.

Wash and cut in small dice ½ peck fresh okra, put in a large pot and let cook 1 hour; skin off top often, add to this 1 good beef knuckle, 1 quart of ripe, scalded tomatoes, mashed fine, 1 large sliced onion, a sprig summer savory, parsley, sage and thyme. To the soup, add 1 cup of rice and let all boil for 2 hours longer till soup thickens, then serve.

NEW ORLEANS CHICKEN GUMBO SOUP.

One good sized fowl, 4 quarts of water, 2 ounces of butter, 1 ounce of lard, 2 ounces of onion chopped fine, 20 or 30 oysters, ½ tablespoon of filet powder, handful of chopped okra, a little flour, cayenne and black pepper, salt. Cut fowl, season with salt and pepper and dredge with flour; put it in the kettle with the lard, butter and onion, and fry until quite brown; then add the water, cover the pot and allow it to simmer, not boil, for 2 hours; add

the oysters and okra and let simmer ½ hour longer. Just before serving, add the filet powder (sassafras buds) and a little cayenne.

FILET OR SASSAFRAS POWDER.

Gather the sassafras leaves in August, dry them in the shade, powder them, sift and bottle.

CHICKEN SOUP.

Always save the bones, shreds of meat and the gravy from stewed chicken for the soup kettle. If the fowl is baked, add the bits of dressing for seasoning. Crack the large bones, pour over a sufficient quantity of cold water and place it on the range where it can simmer gently for 3 or 4 hours. Season with salt, pepper, sage and butter. Just before serving, remove the bones, strain, add 1 pint of rich milk and a very little thickening. Turkey soup made in this manner is delicious.

CREAM OF CHICKEN SOUP.

Cut up a chicken weighing about 5 lbs and cover it with cold water, in which place a sprig of parsley, a bay leaf, stalk of celery and 1 small onion minced fine. Boil until the meat drops from the bones, then remove the chicken and strain the broth. If the chicken has been sufficiently cooked, the broth will be a firm jelly. Allow 1 pint of cream to 1 pint of jelly. Heat the jelly in 1 vessel the cream in another. Rub smoothly together 1 tablespoon flour, 1 of butter. Pour the boiling cream into the boiling jelly and gradually add the butter and flour. Let boil 2 or 3 minutes and serve very hot with warm wafers.

BOUILLON.

Four pounds of beef from the middle of the round, 2 lbs of bone, 2 quarts of water, 1 tablespoon of salt, 4 pepper corns, 4 cloves, 1 tablespoon of mixed herbs. Cut meat and bones in small pieces; add the water and heat slowly; then season and simmer 5 hours. Then boil down to 3 pints; strain and season with salt.

BROWN BROTH.

Put 2 tablespoons of butter in a frying pan, add 2 tablespoons of chopped onions, 2 of chopped carrots, and cook until a golden brown. Put these in a kettle with 1 quart of boiling water and 1 bay leaf, and simmer for 15 minutes; press through a sieve. While the soup is simmering put about 1 tablespoon of sugar in an iron saucepan, and when it browns and burns add 2 tablespoons of chopped onions, then 2 or 3 tablespoons of water; add this to the soup; add 1 teaspoon of salt and 1 saltspoon of pepper. Strain the soup, return it to the kettle, add ½ pint of blocks of bread that have been stirred up with beaten egg; bring to a boil and serve with grated cheese.

TOMATO BOUILLON.

One cup dried celery, 1 teaspoon salt, 1 cup dried carrots, 1 teaspoon sugar, 3 onions sliced, 2 tablespoons butter, 1 cup diced turnips, 2 quarts water, ½ quart tomatoes. Cook the vegetables slowly for about 2 hours. Drain and add to the liquor, the salt, sugar and butter. This should make 1 quart. Serve hot.

TOMATO SOUP FOR EIGHT PERSONS.

Put 1 can of tomatoes, 1 slice of onion, 1 bay leaf and 1 blade of mace to simmer for 10 minutes. Put 1 quart of milk into a double boiler, when hot add 2 tablespoons of butter and 3 of flour rubbed together; cook until smooth and thick, add 1 teaspoon of salt and 1 saltspoon of pepper. Strain the tomatoes, add ½ teaspoon of baking soda, stir and add the milk. Serve at once.

TOMATO SOUP.

One quart stock, 1 teaspoon sugar, 1 saltspoon pepper, 1 can tomatoes, 1 teaspoon salt; Stew tomatoes till soft enough to strain; rub all but the seeds through strainer; add seasoning. Add all to boiling stock. Serve with croutons.

TOMATO BISQUE.

One quart can of tomatoes, 1 quart sweet milk; Cook separately, adding 1 teaspoon of soda to tomatoes; thicken milk with 1 tablespoon of flour. Bring each to the boiling point; then pour into a hot tureen and serve.

BISQUE DE TOMATES.

Melt 2 teaspoons of butter in an enameled saucepan, and when it boils work into it 2 tablespoons of flour until smooth, then add salt and pepper to taste and 1 gill of cream. Cook for a few minutes and then add 1 quart can of tomato soup and ½ onion grated. Simmer all together slowly for about 20 minutes, keeping it smooth by stirring well, then serve very hot. A pinch of soda will help to retain the color of the tomatoes.

MOCK BISQUE SOUP.

Take 1 quart firm, ripe tomatoes, peel and boil until thoroughly done, then strain. Take 1 quart of fresh milk and scald it; stir in 1 tablespoon of good butter, in which has been mixed 1 tablespoon of corn starch, cook about 5 minutes; add a pinch of soda. Then stir in strained tomatoes, salt and pepper, and serve at once.

SOUTHERN PUREE OF SPLIT PEAS.

Crack the bones of a chicken, cover with water, and simmer quietly for 4 hours. At the first boil and skim, and at the end of the 3rd hour add 1 teaspoon of salt, ¼ onion, with 2 cloves stuck in it, ½ teaspoon of celery seed or a sprig of dried celery top, ¼ sliced carrot and turnip, ½ bay leaf, and ¼ of teaspoon of whole pepper corns. At the end of the 4th hour strain the stock. When cold remove the fat from the surface. Cover 1 teacup of split peas with cold water, and soak over night. In the morning wash them through several waters. Then cover with 1 pint of water and simmer for 2 hours. Press through the sieve, then add another cup of the stock and press them through a puree sieve. Add another cup of stock and return to

the fire. Rub together ½ teaspoon of flour and 1 tablespoon of butter; stir into the puree until perfectly smooth. Now add 1 teaspoon of salt, ¼ teaspoon of pepper and 1 tablespoon of grated onion. Boil gently for 5 minutes, stirring all the time. Serve in a tureen with croutons.

BEAN SOUP.

Parboil 1 pint of white beans with a pinch of soda, drain off the water, add fresh and boil until done. Watch them carefully or they will stick on to the kettle and scorch. Rub them through a puree strainer or colander, to remove the hulls, season, with salt, pepper, and butter, and thin to the proper consistency with milk. Let boil up and serve.

BAKED BEAN SOUP.

This is an excellent way to use up cold baked beans after the family have tired of them in the ordinary way. Add twice the quantity of cold water to the beans and let them boil gently until soft. When they are nearly done, add ½ as much canned tomatoes as beans. Rub them through a strainer, season with salt, pepper and a little dry mustard stirred into the salt.

POTATO SOUP.

Boil 6 large potatoes until tender, then remove skins; mash very fine, and add enough hot milk to make a creamy liquid; season with salt, pepper, butter and grated onion; set over the heat until scalding hot.

POTATO SOUP WITH WHIPPED CREAM.

For a table spread for 6, take 3 potatoes, pare and boil them. In the meantime scald 1½ pints of milk in a double boiler. Rub together 1 tablespoon of butter and 2 of flour. Drop this pastry lump into the hot milk and stir gently until it melts and slightly thickens the liquid. Add 1 stalk of parsley and 10 drops of onion juice, cover and let cook for 10 minutes. Mash the potatoes, blend with them 1 part of the thickened milk. Press this through a sieve, blend with the remainder which is in the double

boiler. Season well with salt and pepper, cover and cook for 5 minutes longer. Have ready ⅔ cup of heavy sweet cream which has been whipped to a solid froth. Fill cups ⅔ full of soup and on each drop 1 heaping tablespoon of the cream, then dust with the merest dash of paprika (this adds a dash of color).

ONION SOUP.

Put equal parts of butter and olive oil in the bottom of a saucepan. Slice 1 onion into this and fry a delicate brown. Add water and cook for ½ hour. Salt to taste. Strain it over thin slices of stale bread.

SOUBISE SOUP.

This soup calls for 1 cup of thinly sliced white onions to be put into a saucepan with 1 tablespoon of butter and 1½ cups of water and simmered gently until soft enough to rub through a sieve. In a fresh saucepan mix together 1 tablespoon of butter and twice as much flour, 1 scant teaspoon of salt and ⅛ teaspoon of white pepper. When bubbling add gradually 1 pint of milk and stir until the mixture is thick and smooth. To this add gradually the pulped onion; taste to see that the soup is properly seasoned and keep hot over boiling water.

BROWN ONION SOUP.

To make this soup peel and cut 5 large onions. Heat 3 tablespoons of butter or clarified beef dripping, add the onions and 1 scant teaspoon of salt and cook slowly until they are of a golden brown color. Dredge in 3 tablespoons of flour and stir often until it is moistened and lightly colored. Add 3 cups of boiling water, stirring constantly until thick and smooth. Draw to one side, cover and cook very slowly for 20 minutes. Now mix smoothly with it 3 cups of hot milk, add white pepper and more salt if necessary and simmer for 5 minutes. If a puree is desired rub all through a sieve and reheat.

CREAM OF MUSHROOM SOUP.

Cut 1½ cups of mushrooms in fine pieces. Cook in 2 tablespoons of melted butter until tender, but not brown; remove mushrooms and brown 1 tablespoon of flour in the butter. Meanwhile cook a fresh lot, 1½ cups, of diced mushrooms in 1 pint of milk and ½ pint of cream. Cook in a double boiler until the cream has a mushroom flavor, then remove mushrooms and add the hot milk to the cooked flour, mixing the 2 gradually. Return to the double boiler, add all the mushrooms and cook until of good consistency, then strain and serve hot.

CREAM OF GREEN PEA SOUP.

Boil the peas until tender in 1 quart of water to which has been added ½ teaspoon of salt, ¼ spoon of sugar and a sprig of mint. In another pan melt a lump of butter, stir into it 2 ounces of flour, add ½ pint of milk. Simmer 2 or 3 minutes, then add the yolks of 2 eggs, well beaten. Add peas and the liquid in which they were cooked to the butter and milk mixture, and when very hot serve with croutons of fried bread.

CREAM OF ASPARAGUS OR CREAM OF CELERY SOUP.

Two cups of cold water, 1 can of asparagus; cook 5 minutes; 3 cups white stock, (chicken or veal broth) added and cook 20 minutes. Strain through sieve and press through all the asparagus possible; then take 2 cups milk, 4 tablespoons melted butter, ¼ cup flour; cook until creamy; add salt and pepper to taste; stir this mixture with asparagus and stock, and serve. A slice of onion gives it a good flavor. Chopped celery cooked tender is a good substitute for asparagus.

ASPARAGUS SOUP.

Boil 1 quart of asparagus, cut in short lengths, in 1 quart of water until tender; rub through a colander, and return to the water in which it was boiled. Heat 1 pint of milk, stir into it 1 tablespoon butter rubbed with 1 of

flour, and cook a few moments. Season, and pour into asparagus. Let get boiling hot, pour into tureen over toasted bread cut in dice. Serve at once.

MEATLESS VEGETABLE SOUP.

Chop 3 carrots, 3 turnips and 3 onions fine and simmer 30 minutes in 3 quarts of boiling water. Then add 1 pint of stewed tomatoes, 1 small cabbage chopped fine and 1 bunch of herbs. Boil the soup 20 minutes, strain and add pepper and salt to taste, 1 teaspoon of sugar, ½ cup of sweet cream and 1 tablespoon of flour stirred into 2 tablespoons of water. Allow it to boil up and serve. A dash of cayenne pepper improves the flavor.

CORN SOUP.

The proportions for this are: 1 pint of corn pulp, 1 pint of white sauce, 1 slice of onion, salt and pepper. Score each row of kernels with a sharp knife and press out the pulp; then cook the ears in a little cold water, and add this water well reduced, to the pulp; let simmer 10 minutes, then pass through a sieve into the sauce; add milk or stock, salt and pepper. Canned corn may be used, if fresh corn is not at hand.

SALMON SOUP.

Heat 1 quart of milk in a double boiler with 1 slice of onion and thicken with 1 tablespoon of flour creamed into 1 of butter. Add 1 teaspoon of salt, a speck of cayenne and ½ can of salmon which has been chopped very fine. Serve when thoroughly hot.

OYSTER SOUP FOR FOUR PERSONS.

Chop the rough outside pieces from 1 root of celery. Wash and cover them with 1½ pints of cold water. Cook slowly for ½ hour. Drain and press; add to the celery water 1 pint of milk, and when hot stir in 1 tablespoon of butter and 1 of flour rubbed together, 1 level teaspoon of salt and a saltspoon of pepper. Drain and wash 1 dozen fat oysters, throw them into the soup, and, when boiling, serve.

FRUIT SOUP.

Soak over night 1 box of currants, 1 box each of seeded, seedless and sultana raisins, 2 pounds of prunes, 1 pound of prunelles, one pound of apricots and ¼ pound of evaporated apples. Place in a large kettle with the water in which they soaked, add 2 quarts of pared, sliced fresh apples, 5 lbs. of sugar, 5 sliced lemons, 5 sliced oranges, 2 tablespoons of cinnamon and 1 teaspoon each of allspice and cloves. Boil several hours, keeping the fruit covered with boiling water. When nearly done thicken with 1 cup of pearl tapioca. Cook until clear, strain and add 3 tablespoons of vanilla and put away in jars. Serve hot as a fruit soup or dilute and serve with chipped ice as a fruit punch.

CRACKER BALLS FOR SOUP.

One tablespoon of the cold fat from top of soup or 1 tablespoon of butter, stir to a cream and add a little salt and a little grated nutmeg; stir into this 1 egg well beaten and finely powdered cracker crumbs till the dough can be handled. Roll into balls size of a marble and boil in the soup about 10 minutes. Be careful not to make too stiff with cracker or the balls will be hard; they should be light and spongy.

NOODLES FOR SOUP.

To 1 egg, add as much sifted flour as it will absorb, and a little salt. Roll this as thin as a wafer, dredge with flour and spread out to dry. Turn frequently, and when nearly dry roll into a roll. Slice off thinly from the ends, shake out the strips loosely; put into the soup and boil for 15 minutes.

CARAMEL FOR COLORING SOUP.

Put in a saucepan ½ pound sugar, and 1 tablespoon of water, stir it constantly while over the fire until it turns a bright dark brown color. Do not let it burn. Add 1 teacup of hot water and a little salt, then let boil a few minutes longer; cool, strain and put away in a closely corked bottle. It will keep and be always ready for use.

CROUTONS.

Butter bread well, cut in small bits or dices, brown well in the oven. Very nice for soup.

SWEETMEATS.

"The daintiest last, to make the end most sweet."

STUFFED DATES.

Stone the dates and fill with finely chopped preserved ginger, candied pineapple, orange or nuts; then roll in granulated sugar.

Try stuffing dates with a piece of marshmallow and a nut meat.

STUFFED FIGS.

Wash thoroughly as many pressed figs as wanted. Soak in wine (sherry preferred) until the figs swell. Soak the nuts in wine also, pecan, almonds or any other kind of nut, being careful to remove all bits of shell. Crush the nuts on a bread board, and roll with pulverized sugar. Stuff the figs with this nut paste, shape to resemble the fresh figs, and roll in pulverized sugar.

STUFFED RAISINS.

Select large fine raisins and split them from end to end and remove the seeds. Make a filling or fondant by beating together pulverized sugar and the white of egg. Crush the kernels of pecans with a rolling pin and mix in the fondant. Fill the raisins with the mixture and press firmly together. Roll in pulverized sugar, and if to be kept for sometime, wrap tightly in paraffin paper.

LOVELETTES.

Blanch papershell almonds by boiling 1 second in water, then throw into cold water, when the brown skins can be removed; dip the meats in white of egg beaten to a froth, then roll in red sugar, which can be gotten at the confectionery stores. Some of the nut meats can be rolled in green sugar to vary the color scheme. These can be served in little heart-shaped paper cups at each cover.

ORIENTAL DELIGHT

One-half pound each of figs, dates and raisins. Run the fruits through a chopper, knead them in powdered sugar, roll them out on a board and cut in fancy shapes. Or the mixture may be made into balls with a nut meat pressed into each side.

QUESO DE ALMENDRA (ALMOND CHEESE).

Have 1 pound of almonds blanched and pounded as fine as powder. Scald 6 cups of milk, set aside to cool, then remove the cream. Add 1½ pounds of sugar to the milk and strain through a fine sieve. Add the yolks of 8 eggs well beaten, then put on the fire. When it begins to boil, add the almond, stirring continuously. Season with a little ground cinnamon. When you can see the bottom of the vessel each time you stir across it, it is done. Cut any size preferred. This makes a delicious dulce, or sweet.

MARRONS GLACES.

Boil Italian chestnuts until tender. Remove shell and cook in syrup made of 1 cup of sugar and ½ cup water until syrup is thick, or until almost boiled away. Boil slowly.

CANDIED ORANGE PEEL.

Remove the peel from 4 thin-skinned oranges in quarters. Put into a saucepan, cover with cold water, set on the range, bring to the boiling point, and cook slowly until soft, which may be easily determined by piercing with a skewer. Drain and remove the white portion by carefully scraping off, using a silver spoon. Cut the yellow portion into thin strips lengthwise, using scissors. Boil ½ cup of water of sugar until syrup will thread when dropped from the tip of a spoon. Cook strips in the syrup 5 minutes, drain, and coat with fine granulated sugar. Arrange in a bonbon dish.

Candied orange peel makes a most attractive garnish for orange-ice or ice-cream, and many cold desserts when orange-juice enters into their combination.

PINEAPPLE COUPE.

Shred fresh pineapple and sprinkle with sugar, or cut canned sliced pineapple in small pieces. If one does not object to the use of alcohol, flavor with orange curacoa or any cordial. Cover and let stand 1 hour. Put a small quantity of the prepared fruit in each glass, cover with vanilla ice-cream, and garnish with candied cherries, candied pineapple and angelica. Set on fancy plates covered with doilies.

BANANAS.

Take a few red skinned bananas. They are harder and keep their shape better than yellow ones. Peel them and slice them lengthwise. Sprinkle them with a little orange juice, roll them slightly in fine flour, and fry them in fresh butter. Roll in sugar.

MARYLAND JIM CROW.

Put New Orleans molasses in a frying pan and let it boil until thickened, when it should be ½ inch deep; slice bread as for the table, remove the crust, and cut in squares or oblong pieces; butter and lay them in the boiling molasses, and let them become crisp; take them from the syrup and pile on a platter, and serve hot. No sauce is required.

IRENIA FRITTERS.

To 1 cup milk in hot saucepan, add 3 tablespoons butter; when milk is hot add 1 pound of flour, pinch of salt and stir until it cleaves to the spoon. Roll out thin on floured board; fold over and cut with smallest sized wine glass; drop into smoking hot fat; when a delicate brown, drain on cloth and serve hot with lemon marmalade or apple sauce stewed almost to a jelly.

COCOANUT KISSES.

Separate the whites and yolks of 3 eggs. Put the whites in a broad, shallow dish, add a tiny pinch of salt and beat until slightly frothed. Have at hand a bowl containing 1 pound of powdered, or very fine gran-

ulated sugar. Add 1 spoonful of it at a time to the whites and continue to beat until the sugar is all used, and the mass is stiff and dry; if the granulated sugar is used the beating should be continued until no grains of sugar can be detected. Now beat in gradually ½ package of dessicated or 1 cup of freshly grated cocoanut and beat hard. Set over a pan of boiling water, place on the fire, add ½ teaspoon of vanilla, and with a spoon dipped in cold water put the kisses by spoonfuls several inches apart on paper laid on flat pans and dust well with sugar. Place in a very slow oven until well dried but of a very pale color. The exact time will depend upon the size and thickness of the kisses but they will need fully half an hour.

VIRGINIA ROCKS.

One cup butter, 1 cup sugar, 3 eggs beaten separately, 1½ tablespoons boiling water, 1 level teaspoon soda dissolved in hot water, 2¼ cups flour, 1 cup English walnuts, 1 cup raisins, ½ cup currants, 1 teaspoon cinnamon, ½ teaspoon cloves. Chop walnuts and raisins. Stir with hand, do not put a spoon in it. Cream butter and sugar. Drop by teaspoons in pans, not buttered to keep them from running together.

MARGUERITES.

Whip the whites of 4 eggs to a stiff froth. Gradually beat in 2 cups of confectioner's sugar. Add 1 cup of cut or broken nuts, pecans alone, or several kinds of nuts mixed; almonds must be blanched. Spread this mixture ½ inch thick on small square soda crackers. Place singly in an iron pan and bake slowly in a very moderate oven 40 minutes.

LOVE BASKETS.

Cakes of angel food or sunshine cake mixture baked in cups. When cool scoop out centers; fill with whipped cream tinted pink; sprinkle with tiny candy hearts and place handle of angelica cut into shreds or crystalized orange peel on each.

ORANGE OR LEMON BASKETS.

Mark out with a knife a basket and handle on the skin of a large orange or lemon. Then cut it out, loosen the pulp and remove without breaking the skin. Throw the baskets into cold water for 1 or 2 hours to stiffen. Make a jelly and turn into baskets, and, when nearly set, place a small red heart on each one.

VEGETABLES

"The tender lettuce brings on softer sleep."

COOKING SOUTHERN VEGETABLES.

All sections of the United States have certain vegetables to which they are especially partial. These recipes have been used in plantation kitchens for generations, and are both simple and palatable.

BAKED CASHAW.

Cashaw is a vegetable resembling the northern winter squash; it matures in the summer, and may be stored away for winter use, as are pumpkins. It is very delicate and finely flavored when properly cooked. Chop off the long neck, which may be sliced and fried, like potatoes; split open the hollow round part of the cashaw, and scrape out the seeds, wipe, and bake in a slow oven till tender; scrape the flesh out of the rinds, mash and mix with 1 tablespoon of butter, a little salt, 1 cup of sugar, 1 egg and a sprinkle of nutmeg; put this mixture back into the empty rinds and bake until brown on top. Serve as a vegetable, and eat with gravy or hot butter.

TO COOK RICE.

To 1 cup of rice use 2 quarts of water; wash rice and remove specks. Have water boiling; add rice and keep covered with boiling water. Boil for 20 minutes until grains are cooked through. Drain through a colander, shake into dish to be served and set in warming oven, uncovered, until rice is steamed out. Serve hot.

DRY RICE.

Wash well and over 1 cup of rice pour $2\frac{1}{2}$ cups of cold water. Boil rapidly without a cover; Add salt to taste, Stir 1 time. When done put on cover and push saucepan on back of stove and allow the rice to steam until every grain stands alone. Shake into a dish.

HOP-IN-JOHN.

Wash 1 cup of dried field-peas, commonly called "cow-peas," or, if green, 2 cups will be necessary. If dried peas be used pour into boiling water, but if green, into cold, add 2 or 3 slices of bacon, and boil in plenty of water till nearly tender; then add 1 cup of washed rice, 1 pod or 2 of red pepper and a little salt. Stew slowly till the peas and rice are very tender, shaking the pot to prevent scorching. This needs careful cooking for a long time, but is a very excellent stew.

TOMATO RICE.

Take 1 quart tomatoes, scald and pass through a colander; to the juice and pulp add 1 quart boiling water, salt and pepper to taste. Take 1 pound of rice, wash and drain it and put in a pan with ¼ pound of butter. stir the butter and rice over a gentle fire until the rice has absorbed the butter, then put the rice in the tomato juice and cover close and set it where it will boil slowly until the rice is done, each kernel will remain separate; when done, take another ¼ pound of butter and melt it in a pan until it is golden brown, then dish up the rice, pour the melted butter over the top, and serve.

BAKED SWEET POTATOES.

Boil several potatoes perfectly done and mash fine. Beat 3 eggs separately and mix yolks with the potatoes; add butter the size of an egg, 1 cup of milk and sugar to taste. Flavor with orange peel, put a meringue on top and brown.

SWEET POTATOES.

To baked sweet potatoes, peeled, add brown sugar, spice and 1 egg, mash, mix well and serve hot.

CANDIED SWEET POTATOES.

Bake in their jackets; when done, peel and slice. Cover the bottom of a baking dish with them, cover with sugar and butter then put in another layer the same way.

Sprinkle a little cinnamon over them, then pour in ½ cup of cold water and bake a light brown.

SWEET POTATO PONE.

Pare and grate 2 large sweet potatoes, mix with 1 cup of molasses, with a pinch of soda dissolved in it, a little salt, 2 tablespoons of melted bacon grease, or butter, 1 tablespoon of flour, and a small quantity of ground spice. Pour the mixture into a hot greased pan and bake very slowly till well done and quite brown. Eat this hot or cold, with gravy and meat or with milk and sugar.

LYE HOMINY.

One tablespoon of concentrated lye, 1 gallon of water. Shell white corn, boil until the husks will slip off easily, then drain off lye, and boil in clear water; drain off again, add more clear water and cook until soft.

BIG HOMINY.

To each quart of corn put 1 tablespoon soda. Boil slowly until husks are loosened. Change water and cook in clear water until tender. 6 hours is about the time required to cook this hominy.

POTATOES A LA CREME.

Chop cold boiled potatoes fine; season them with salt and pepper; put them in a baking dish; pour over sufficient good milk or cream to just cover, and put in a quick oven until nicely browned.

RICED POTATOES.

Riced potatoes need but a moment's work when one has a potato press. After paring and boiling in salted water, drain the potatoes and put through the press into a hot bowl. Season with butter, salt and pepper, add 1 spoon or 2 of hot milk, then put again through the press, dropping the flakes into the dish in which they are served.

POTATO BALLS WITH PARSLEY.

Boil small medium potatoes as near of a size as possible, first paring them. Serve with a butter made by beating to a cream 2 tablespoons of butter, ½ tablespoon of lemon juice and 1 tablespoon of finely minced parsley. Add salt and a dash of cayenne pepper. Spread over the hot potatoes and it will melt into a delicious dressing. This is especially nice to serve with fish.

ENGLISH POTATO STEW.

Peel and cut in dice ½ dozen large Irish potatoes. Put into boiling water sufficient to cover and stew until tender, adding ½ teaspoon of salt. When the potatoes are done take a piece of butter about the size of an egg and 1 tablespoon of flour; brown this in the frying pan and add to the stew. Let it boil a few minutes and serve immediately.

DONEGAL POTATOES.

Scrub medium sized potatoes; cut slice from one end; scoop a well from centre, which fill with sausage meat; replace cover and set in dripping pan 1 inch apart; bake until potato is tender; serve with a sprig of green parsley in each top.

OKRA.

Boil young okra in salt water until tender, then drain. Add ½ teacup cream and 1 large tablespoon butter. Let it boil up once, turn out in a dish, sprinkle with salt and pepper and serve hot.

STEWED OKRA.

Have a few slices of good bacon simmering in a saucepan; wash and cut the ends off 12 pods of tender okra, add to the bacon and let it cook slowly till very tender; drain, remove bacon and serve with rice.

FRIED OKRA WITH TOMATOES.

Chop into thin slices 1 dozen pods of young okra, fry uutil brown in a little butter, and add 1 cup of stewed tomatoes; season with salt, pepper, and a little sugar, and simmer for a few minutes. Pour over slices of hot toast.

STUFFED TOMATOES.

Cut a slice from the stem end of the tomatoes, scoop out the ends and the hard centers. To each good-sized tomato allow 1 pint of bread crumbs, 1 tablespoon of grated onions, a little chopped parsley, 1 teaspoon of salt, a dash of pepper, and 1 tablespoon of butter. Fill tomatoes and bake slowly.

FRIED GREEN TOMATOES.

Cut into thin slices large green tomatoes, sprinkle with salt and dip into corn meal, fry slowly in a little butter, till well-browned; keep the frying pan covered while they are cooking, so they will be perfectly tender. These are very delicately flavored, and much easier to fry than ripe tomatoes. They make an excellent breakfast dish.

EGGPLANT FRITTERS.

Pare and split open 1 large eggplant, boil until tender, remove all the seeds possible, and mix with 2 tablespoons of flour, 1 egg, salt, pepper and 1 small onion, finely chopped; drop in spoonfuls into boiling lard, and fry brown. Serve with tomato catsup.

FRIED EGG PLANT.

Slice without paring, boil in salt water for 5 minutes. Drain and dip each slice in well-beaten egg, then in bread-crumbs and fry on both sides.

HOW SOUTHERNERS COOK STRING BEANS.

To ½ gallon of boiling water, add ½ pound of salt fat pork, and cook 1 hour. Then add beans which have been strung and broken into short lengths. Boil moderately for 2½ hours, keeping covered with water. When nearly done, let water stew out and add salt to taste. Serve hot.

GREEN BEANS.

Put on your beans with just enough cold water to cover them; to 1 gallon of beans add ¼ pound of bacon; let boil 3 or 4 hours until there is not much water in them.

TO CAN BEANS.

String and snap ½ gallon of tender beans and boil until done. Add 2 tablespoons af vinegar; be sure and boil until vinegar boils all through. Can while hot. When preparing for the table wash in clear water. Cook with meat. Salt and pepper to taste.

DRIED LIMA BEANS

Should be picked over, washed and soaked for 24 hours in cold water, then drained, covered with fresh cold water and simmered very slowly until tender. This will take at least 4 hours and they should be seasoned when ⅔ done. ½ hour before serving thicken by adding 1 tablespoon of flour mixed to thin paste with cold water. If parsley is liked chop a little very fine and sprinkle over them when in the serving dish.

FRENCH WAY TO PREPARE SPINACH.

Wash, pick and press free from water; boil; make a batter with 3 eggs beaten light; 3 heaping tablespoons of powdered crackers; stir the spinach in the batter, thin it sufficiently with cream or drawn butter and milk, so it can bake to a proper consistency; season with pepper and salt and a small quantity of herbs, and onions sliced thin. Garnish either with toasted bread, cut in slices, or poached eggs; or sift bread crumbs on top and let brown.

TO BOIL CABBAGE.

Halve and quarter the head of cabbage. To ½ gallon boiling water add ½ pound salt fat pork. Boil pork in the water for 2 hours, drop in cabbage and boil 30 minutes with a pinch of soda. Salt and cayenne pepper to taste. Serve hot.

HOT SLAW.

1 head of cabbage chopped fine, 1 teaspoon salt. Cover with hot water and boil 10 minutes. Drain off water. Mix to a smooth paste 1 tablespoon flour and 1 cup cream; add butter size of an egg, 1 teaspoon sugar, salt

and pepper to taste. Cook until smooth; add 1 cup hot vinegar last. Pour over cabbage, heat all together, and serve hot.

PRINCESS CABBAGE.

Boil a small, firm white head of cabbage 15 minutes, then drain and add fresh boiling water. When it has boiled until tender in this second water, drain and set aside until cold. Chop the cabbage fine and add 3 tablespoons of rich milk or cream, 1 of butter, 2 beaten eggs and pepper and salt to season. Mix all well and bake until brown in a buttered pudding dish. Serve hot.

SCALLOPED CAULIFLOWER.

Boil until tender; cut up and pack, stems downward, in a buttered pudding dish. Take 1 cup bread crumbs, add 2 tablespoons melted butter and 6 tablespoons milk; beat this to a soft paste and cover the cauliflower with it. Put a cover on the dish and bake in a hot oven 6 minutes. Remove the cover and brown. Serve while hot.

STEWED GREEN CORN.

Cut the corn from the cobs, scraping well; put the corn to boil in a little water, about half enough to cover it. Boil ½ hour, season with butter, salt and pepper and cream if you can get it.

COOKING DRY CORN.

Soak over night in cold water, using just sufficient water to cover the corn. An hour before serving time put it over a slow fire, steaming gently until the corn is soft. Then add cream or milk and a little salt and pepper. The salt will toughen it if it is put in before it is cooked. Dried beans, peas or lentils are always better when cooked in unsalted water.

CORN PATTIES.

Take ½ can of corn, 2 eggs, 2 crackers, salt and pepper to taste. Form in cakes and fry in butter.

FRENCH BEANS

Dried and green should be more used. They are smaller than the lima beans and far more delicate. Soaked over night and then boiled they furnish a much more palatable as well as cheaper vegetable than the canned beans. They also make an excellent soup.

SUCCOTASH.

Wash, scrape and score in $\frac{1}{4}$ inch slices $\frac{1}{4}$ pound of salt pork. Cover with boiling water and let simmer 5 or 6 hours, or until nearly tender. Add 1 pint of freshly shelled lima beans and more water if needed. When the beans become tender, add 1 pint of sweet-corn pulp. Cook about 15 minutes, and add 2 tablespoons of butter, or a little sweet cream and salt, if needed. Pour the succotash into the serving dish, slice the pork and serve at once. This dish is very good if prepared with dried beans and canned corn. If dried vegetables be used, let them soak in cold water over night. To remove the pulp without the hull, cut down the center of each row of kernels with a sharp knife, then with the back of the knife press out the pulp, leaving the hull on the cob. As a change, add 1 cup of reduced tomato pulp, seasoning accordingly.

CARROTS WITH CREAM SAUCE.

Slice in thin rings and cook in as little water as possible, without burning. Add butter and salt and serve with a rich cream sauce flavored with grated nutmeg.

STEWED CARROTS.

Wash and scrape the carrots, quarter them and put into a stew-pan with water enough to cover them; add a little salt and boil until tender, drain and add 2 tablespoons butter rubbed into some flour; season with salt and pepper add enough sweet cream to moisten the whole. Let come to a boil, and serve hot.

GREEN PEPPERS.

Peppers for cooking should be without a suspicion of yellow or red, as, after they have begun to ripen, they

should be used, not as a vegetable, but only as a condiment. They can be prepared in a variety of ways, but are usually stuffed, except when pickled. When used as a course or for the principal dish at luncheon, the stuffing is of meat; when used as a vegetable, rice and tomatoes take the place of the meat. One may use cooked or uncooked meat; chicken and veal are the most delicate. To prepare the peppers for stuffing cut off the stem end and remove the seeds and the thick partitions and place them in salted water for 12 hours, to draw out the excess of flavor that would otherwise render them unpalatable. If pressed for time, the same end may be attained by putting them in boiling water long enough to thoroughly heat them, draining well before stuffng. The soaking is more desirable, as the hot water makes the peppers soft, and therefore not so easy to handle.

BAKED PEPPERS.

For 6 peppers allow 1 cup of cooked meat, 1 medium sized tomato, ½ teaspoon of salt, 1 tablespoon of melted butter and ¼ cup of uncooked rice. Chop the meat fine before measuring; peel the tomato and cut it into dice, draining well; mix all together and nearly fill the peppers with the mixture; then stand them in a baking pan; put in the pan 1 slice of onion, 1 tablespoon of butter, the juice from draining the tomato and enough water to reach to half the height of the peppers. Bake for 1 hour in a slow oven, basting the peppers every 15 minutes; lift the peppers from the pan to the serving dish, thicken the juice in the bottom, pour it over the peppers and serve. In buying porterhouse steak, if the tough end is cut off, uncooked, and chopped very fine with a little suet added, it may then be used the same as the veal in the above recipe, producing a delicious dish and at the same time solving the problem of how to use these tough ends.

STUFFED PEPPERS.

Parboil sweetbreads, cool, and cut into small cubes; there should be 1 cupful. Melt 2 tablespoons of butter,

add 2 tablespoons of flour, and pour on gradually, while stirring constantly, ½ cup of chicken stock; then add 2 tablespoons of heavy cream and ⅓ cup of mushroom caps broken into small pieces. Season with salt, paprika and Worcestershire sauce. Cut a slice from the stem end of 6 green peppers, remove the seeds, parboil for 15 minutes and drain. Cool, fill with sweetbread mixture, cover with buttered crumbs, and bake until the crumbs are brown. Break the stems of mushrooms, cover with cold water, and cook slowly for 20 minutes. Melt 2 tablespoons of butter, add a few drops of onion juice and 2 tablespoons of flour; then pour on gradually, while stirring constantly, the water drained from the mushroom stems and enough chicken stock to make 1 cupful. Add ¼ cup of heavy cream, and season with salt and paprika. Arrange the stuffed peppers on a serving-dish and pour the sauce around.

MACARONI PLAIN.

Boil ½ pound of the sticks well broken up, and when fully swelled and tender (usually in 20 minutes) drain and rinse in clear water. Thicken 2 cups of milk with a little corn-starch, and salt and pepper to taste, with 1 tablespoon of butter. Drop in the macaroni, heat through and serve at once.

MACARONI AND CHEESE.

Boil and drain the macaroni, place a layer in a baking dish, then a layer of cracker crumbs, salt, red pepper and grated cheese. Alternate macaroni and seasoning until all is used. Pour 1 cup of milk or water over and bake 1 hour.

MACARONI WITH TOMATOES.

Place a layer of sliced or canned tomatoes in a pudding dish, then 1 inch of boiled macaroni; season with salt pepper and butter. Cover with tomatoes, then macaroni, sprinkle the top with cracker crumbs and bake 1 hour. It is good also mixed with stewed onions and a little milk.

MACARONI, SOUTHERN STEW.

Slice 2 slices of bacon fine and fry in an iron kettle; then add 4 onions cut up fine and fry brown. Stir in 1 lb. of roast beef cut fine, and 1 quart of hot water. Stew ½ hour, add 1 can of tomato, salt, pepper, and a pinch of allspice and cook 20 minutes. It then should be cooked down to a rich, quite thick stew. Just before serving stir in 1 quart of boiled macaroni. Heap on a large hot platter and serve at once.

MACARONI AND BACON.

Fry a platter of breakfast bacon and pour most of the grease from the skillet. Drop 1 pint of plain boiled macaroni, season with red pepper, and stir until it is well heated in the grease. Pile in the center of platter with the bacon all around. Serve hot with graham gems.

FRENCH MACARONI.

Put 1 tablespoon of butter in a frying pan, add 1 cup of boiled macaroni, cut fine, 2 eggs, 1 cup grated cheese salt and pepper to taste. Cook until the cheese melts, salt well and serve on hot toast.

ISLE OF PALMS ASPARAGUS.

Asparagus is more delicate when steamed instead of being boiled. Steaming will take from 1 to 2 hours. In serving place it on a large slice of toast, with the heads pointed inward toward the center and the stalks spreading outward. Pour over it melted or drawn butter.

COOKED BEETS WITH DRESSING.

Cook the beets and slice them in a sauce-pan, and pour over them a dressing made as follows: 1 small teacup vinegar, 1 tablespoon each of sugar and butter; salt and pepper to taste; add 1 tablespoon flour dissolved in water; stir all together and boil until thick; pour over the beets and serve in a covered dish.

CREAMED TURNIPS.

Dice sufficient white or yellow turnips and boil until tender in unsalted water. Make a white sauce with 1 heap

ing tablespoon each of butter and flour, ⅔ teaspoon of salt, and 1¼ cups of milk. Add the drained turnips and a dash of pepper, and simmer gently for 5 minutes.

MUSHROOMS A LA CREME.

Trim and rub ½ pint of button mushrooms, place them in a stewpan with butter, little flour, salt, pepper and sugar; shake the pan round for 10 minutes; then break the yolks of 2 eggs with 2 tablespoons of cream and add by degrees to the mushrooms; serve hot. Use a silver spoon, and if it does not turn black the mushrooms are the true edible plant.

BROWNED FARINA BALLS.

As an accompaniment to timbales cook ½ cup of farina in 1 pint of milk for ½ hour, adding, as it begins to thicken 10 drops of onion juice, ½ teaspoon of salt and a dash of cayenne. When done, stir in the beaten yolk of 1 egg, cover, and set aside until cold. Form in balls 1 inch in diameter, dip each in slightly beaten egg, roll in fine stale breadcrumbs and just before the meal fry (4 or 5 at a time) in smoking hot deep fat until golden brown. Drain on soft paper before serving.

CUCUMBERS AS A VEGETABLE.

Peel and cut into strips 3 or 4 cucumbers, let them stand in salted ice water for a few moments, then drain and boil them in salted boiling water 10 or 15 minutes, or until tender. Now serve them covered with a cold sauce. Cream ½ cup of butter until very creamy, then add 1 tablespoon each of finely minced parsley, chives and lemon juice, add cayenne or paprika and set on ice until needed.

SALSIFY FRITTERS.

Scrape salsify and put it into cold water to prevent discoloration. Boil in unsalted water until tender. Strain and mash through a colander. To each pint of this add 4 tablespoons of milk and 2 eggs well beaten. Drop by spoonfuls into a small quantity of hot fat; turn. When browned drain on brown paper and serve at once. Parsnip fritters may be made in the same way.

HOW TO COOK CRANBERRIES.

In cooking cranberries a much finer flavor is secured by having the desired quantity of water in which they are to be cooked, boiling rapidly, and adding the fruit without sugar. Then cover, and when the berries are getting well broken, add a bit of baking soda size of a large pea for each quart of fruit. Stir thoroughly, then add sugar to taste. Remove from the fire as soon as fruit and sugar have boiled 2 or 3 minutes. The addition of a few raisins is by some considered an improvement. This method of cooking prevents the skin of the berry becoming toughened, and gives a bright, clear look to the sauce, which is most appetizing. It also removes the trace of bitterness which makes the cranberry objectionable to many.

WINES.

"Here's to wine enough to sharpen wit;
Wit enough to lend a sparkle to the wine;
And wisdom enough to put the lid on in time."

SCUPPERNONG WINE.

Over 1 peck of thoroughly mashed grapes pour 1 quart of boiling water. Pour in a jar and let stand for 24 or 36 hours. Squeeze the grapes through a cloth and re-strain. Add 3 lbs. of granulated sugar to each gallon of juice. Let stand until all fermentation is taken off. Stir sugar from the bottom each morning. Strain until clear, then bottle. Set in a dark cool place for 3 or 4 weeks. It is best to set away first in a wooden keg, then bottle in glass.

BLACKBERRY WINE.

Take 1 gallon of ripe blackberries and bruise thoroughly to extract the juice. Let this stand 24 hours, occasionally stirring it. Then strain off the clear juice. To every gallon of juice allow 3 pounds of sugar. Let this stand until all fermentation rises and has been removed. Strain into dark bottles. Cork loosely, to allow the escape of any gas that may collect. Set away in a dark place for 3 months when it will be ready for use.

TO BRANDY FRUIT.

One lb. sugar, 1 pint water; boil until it ropes from the spoon; pour hot over cherries, or other fruit; cover jar and when cold add ½ pint brandy and ½ pint of the sugar syrup.

BRANDY PEACHES.

Peel cling-stone peaches and fill self-sealing jars. Pour in granulated sugar until peaches are covered. Let stand without opening for 3 months.

CHERRY BOUNCE.

Sixteen pounds of cherries mashed so as to crack the stones, 3 lbs. of sugar. Mix, let stand in stone jar 3 or 4 hours. Pour 2 gallons of rye whiskey over all and let stand 3 months. Pour off and bottle. Touch lightly.

GRAPE WINE.

Stem a small quantity of grapes and mash with a potato masher in a clean tub or crock. Strain through a bag to get as much grape juice as possible. To each quart of this add ½ pound white sugar and put away to ferment in a big jar or clean crock, covering the bunghole at the top with netting. After fermenting for 3 or 4 weeks it should be still and clear. Then bottle, pouring off the lees with care.

GRAPE JUICE.

Put 6 quarts of stemmed grapes in 1 quart of water; bring slowly to a boil and strain. Then return the juice to the fire, bring to a boil again. Bottle and seal while scalding hot.

TOMATO WINE.

Cut ripe tomatoes and let stand over night. Mash and strain out the juice. Allow 3 pounds of sugar to 1 gallon of juice. Use no water. Cork bottles loosely and set away in a dark, cool place.

RECIPES AT RANDOM

HOW TO COOK A HUSBAND.

A good many husbands are entirely spoiled by mismanagement in cooking, and so are not tender and good.

Some women keep them constantly in hot water; others freeze them; others keep them in a stew; others roast them, and others keep them constantly in a pickle. It cannot be supposed that any husband will be good and tender managed in this way, but they are really delicious when properly treated. In selecting your husband you should not be guided by the silvery appearance as if you wanted mackerel, nor by the golden tint, as in buying salmon. Be sure and select him yourself, as tastes differ. Do not go to the market for him, as those brought to the door are always best. It is far better to have none than not to learn how to cook him properly. It does not make so much difference what you cook him in as how you cook him.

See that the linen in which he is wrapped is white and nicely mended, with the required number of strings and buttons. Do not keep him in the kettle by force, as he will stay there himself if proper care is taken. If he splutter or fizz do not be anxious; some husbands do this. Add a little sugar in the form of what confectioners call "kisses," but no vinegar or pepper on any account. A little spice improves him, but it must be used with judgment. Do not try him with anything sharp to see if he is becoming tender. Stir him gently the while lest he stay too long in the kettle and become flat and tasteless.

If thus treated you will find him very digestible, agreeing very nicely with you, and he will keep as long as you want.

KISSES.

To 1 piece of dark piazza, add a little moonlight, take for granted 2 people, press in 2 strong ones 1

small soft hand; sift lightly 2 oz. of attraction, 1 oz. of romance, add a large measure of folly, stir in a floating ruffle and 1 or 2 whispers; dissolve ½ doz. glances in a well of silence, dust in a small quantity of hesitation, 1 oz. of resistance, 2 oz. of yielding; place the kisses on a flushed cheek or 2 lips, flavor with a slight scream; set aside to cool.

This will succeed in any climate if directions are carefully followed.

RECIPE FOR MAKING SOUP.

Take a pail of water and wash it clean, then boil it until it is brown on both sides; pour in 1 bean; when the bean begins to worry, prepare to simmer. If soup won't simmer, it is too rich; pour in more water. Dry the water with a towel before you put it in; the dryer the water the quicker it browns. Serve hot.

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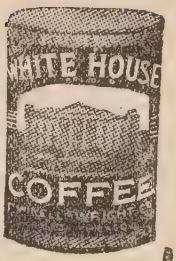

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